



## Adolescent Mental Health Intensive Outpatient Program

### About

Pyramid Family Behavioral Healthcare offers an Intensive Outpatient Program (IOP) that serves adolescents 13-17 years old who are suffering with Mood & Anxiety Disorders, such as Depression, Bipolar Disorder, Anxiety Disorders, ADHD, and other common behavioral health conditions.

The advantages of IOP are real world application of newly learned skills in a familiar environment (home) but still having the opportunity to process experiences of distress in a supportive environment.

### Program Structure

Our program is guided by the philosophy that treatment should be person-centered, strength-based, and have an understanding of how adverse-experiences or trauma can shape our view of the world around us.

The IOP meets three hours per day, three times per week and the length of stay ranges from 6-12 weeks. Our IOP provides both individual therapy sessions and group based intensive interventions consisting primarily of counseling, skill development, and education.

### Program Components

- Psychotherapy Group
- Psychoeducational Group
- Cognitive Behavioral Therapy Group
- Experiential Group
- Weekly Individual Therapy Sessions

### IOP Program Schedule

- Monday, Wednesday & Thursday: 5:30 PM – 8:30 PM
- Weekly Family Workshop: Wednesday, 5:30 PM – 7:00 PM

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### *Psychotherapy Group*

This group offers a safe and supportive environment to share and explore thoughts, feelings and experiences while receiving support, encouragement, understanding and acceptance from the group members and from the facilitating therapist.

### *Psychoeducational Group*

Psychoeducation groups provide new information that can empower us in understanding parts of our struggle and enhance our ability to achieve therapeutic change.

### *Cognitive Behavioral Therapy Group*

These groups help clients to interpret and accept their emotions, to distinguish helpful from less helpful feelings or distortions and gain clarity on how negative thoughts and perceptions contribute to intense and overwhelming feelings.

### *Experiential Group*

Experiential groups include mindfulness, mind/body activities, relaxation strategies, interpersonal skills practice through role-play, art and creative expression, journaling, communication skills, active listening skills, self-compassion, assertiveness training and gestalt.



## **Family Program**

Including the family in treatment is a core value for Pyramid Family Behavioral Healthcare. The family may consist of parents, spouse, children, significant other, or anyone whom the client identifies as an essential member of their support system.

### *Family Program Components*

- Weekly family therapy sessions
- Weekly family workshop
- Bi-weekly family engagement

## **Aftercare Planning**

Aftercare Planning begins shortly after admission and is refined throughout the treatment process. This planning is essential to build upon the successes gained while in treatment, just as any medical condition requires some amount of maintenance.

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