

Adolescent and Young Adult Services

College Intensive Outpatient Program *at Butler Hospital*



What is an intensive outpatient program?

An Intensive Outpatient Program, or IOP, is a level of care which offers group therapy sessions from 3:15 to 6:15 p.m., three to four times per week, and provides the opportunity for education, skill development and support. Patients attend three structured group therapy sessions per program day, touch base privately with a group therapist once every two weeks, and meet with a psychiatrist weekly throughout their enrollment in the program. Average length of stay in all IOP programs is four to six weeks.

What is unique about the college program?

Our **College IOP** is a program designed to support young adults, ages 18 to 26, who are struggling to function in the academic environment due to mental health issues such as depression and anxiety. The program empowers young adults to learn how to gain control of their mental health and strive to achieve their personal goals in school. Students must be matriculating credits in college or on a medical leave about to resume coursework in order to attend this program. The program runs simultaneously with our Connect and True Self IOPs with some groups carved out exclusively for College IOP patients and operates Monday, Tuesday, and Thursday each week.

How do I register for the programs?

Referrals from healthcare professionals are optional. Self-referrals are common and welcome. Services are covered by most health insurance plans, and we are happy to assist you with reviewing your coverage options. To start the process or to get help determining which program might be best for you, contact our Behavioral Health Services Call Center at **1 (844) 401-0111**.

Our Treatment Philosophy in Adolescent and Young Adult Services

The resilient treatment approach is a model which informs the way we deliver care across our services. In contrast to trying to focus on a reduction of symptoms, we seek to help individuals progress towards having a life they can be proud of. Our help consists of accurately identifying and then treating biological, psychological and social factors that may be limiting the ability of the individual to make this progress, but nothing can be achieved without engagement from the individual and their family. We offer this help across a broad range of programs for both adolescents and young adults.