

Adolescent and Young Adult Services

True Self Intensive Outpatient Program *at Butler Hospital*



What is an intensive outpatient program?

An Intensive Outpatient Program, or IOP, is level of care which offers group therapy sessions from 3:15 to 6:15 p.m., three 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 true self program?

Our **True Self IOP** is a program designed to support the mental health needs of young adults, ages 18 to 26, who identify as gay, lesbian, bisexual, transgender, queer or questioning, and who seek to address their distress and mental health impairment in an affirming and supportive environment. The program explores diverse challenges that occur for many young people as it pertains to mental health, as well as offering other groups that focus on issues such as family acceptance, limited social support, stigma, and self-acceptance. The program runs simultaneously with our College and Connect IOPs with some groups carved out exclusively for True Self 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.