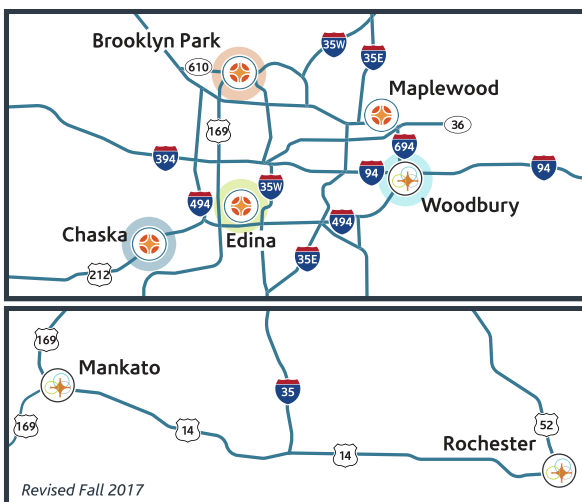


ADULT INTENSIVE OUTPATIENT PROGRAMS (IOP)

IOP provides active and intensive therapeutic services in a coordinated, collaborative and structured environment. Individuals who enter IOP often have extreme life stressors/challenges and/or internal changes resulting in difficulties functioning in their work, community or family life. The treatment team works closely with individuals to identify and assess challenges and to begin steps towards treating identified issues.

A TYPICAL DAY IN ADULT IOP

- **MONDAY-FRIDAY: 3 Hours**
Offering both morning and afternoon tracks (Edina & Woodbury offers a 3 day or 5 day options for care)
- **GROUP THERAPY: 90 Minutes**
Patients work with a licensed therapist and a group of their peers.
- **PYSCH-EDUCATION: 75 minutes**
Patients work with a staff member on learning techniques and coping skills to better manage their symptoms and gain insight into the dynamics of their issues or stressors. Topics may include: self-esteem and positive self talk, relaxation and stress management, cognitive distortions, relapse prevention and relationship dynamics as some examples.
- **WEEKLY MEETING**
Patients meet with a psychiatrist/APRN approximately once a week to determine any medication changes or maintenance that may benefit symptoms. Patients will also meet with a social worker to ensure psychosocial needs are met and a good discharge plan is created.
- **YOGA & ART THERAPY GROUP** *depending on location*
Mindful Movement and Art Therapy Group (Edina)
- **THERAPY**
Patient has the option to meet individually or as a group/family with the group therapist



GENERAL IOP

- Brooklyn Park Medical Office (BP MOB)
- Edina
- Woodbury

SPECIALTY TRACKS

- BP MOB: Young Adult Dual Diagnosis & Perinatal
- Chaska: A-DBT/MBCT
- Edina: A-DBT/ACT & First Episode Psychosis
- Woodbury: A-DBT, MICD Co-Occurring
(Day & Evening Options)