

ELEVATE

FIRST EPISODE PSYCHOSIS INTENSIVE OUTPATIENT PROGRAM (IOP)

Are you having difficulty with hallucinations, delusions, abnormal thinking or behavior? This may be a first episode of psychosis. We are here to help.

Elevate is an intensive outpatient program for young adults experiencing, or who have recently experienced, a new episode of psychosis. The Elevate program is an evidenced based program to help patients gain the skills and education needed to reduce symptoms, reduce substance use, make healthy lifestyle choices, and manage stress. We strive to develop long-term, meaningful relationships with patients to provide support with individual goals, which often include returning to work or school.

PROGRAM DETAILS

- This program meets four days a week
- The program spans 9-weeks and includes;
 - Medication management with weekly meetings with our psychiatrist
 - Individual therapy sessions
 - Family psychoeducation
 - Meeting with a supported employment social worker
 - A weekly group for ongoing support after completion of ELEVATE
 - Ongoing support by our nurses who will assist with medication management questions



SUZANNE JASBERG, MD
*Adult Interventional Psychiatrist
Director of the Center for Neurotherapeutics*

**Direct
Admission &
Scheduling
Call
952.826.8475**



MATTHEW ADAMS, MD
Adult Psychiatrist

If you're a licensed mental health professional and would like to facilitate a direct admission from your program/clinic to one of our Intensive Outpatient Programs (all ages) or Partial Hospitalization Programs, please call our expanded Direct Admissions Line.

Center for Neurotherapeutics • 6363 France Ave. South, Edina, MN 55435