



The Young Adult Intensive Outpatient Program

What is the Young Adult Intensive Outpatient Program?

Butler's Young Adult Intensive Outpatient Program is a level of care designed to treat young adults, ages 18 to 26, who are struggling with depression, anxiety, or other mood-related symptoms that could not otherwise be resolved quickly in a traditional outpatient setting.

The Young Adult Intensive Outpatient Program (IOP) consists of:

- » Three (3) group therapy sessions a night
- » Weekly private check-ins with a therapist
- » Medication management meetings with a program psychiatrist or nurse practitioner on the second and third week of enrollment

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The program requires participation Mondays, Tuesdays and Thursdays from 3:00 p.m. - 6:30 p.m. for 12 consecutive sessions.

First day start time is 1:30 p.m.

What is unique about the Young Adult Intensive Outpatient Program?

The Young Adult IOP specializes in the mental health treatment of young adults and has specific expertise in:

- » LGBTQ+ affirming treatment
- » College or work-related issues
- » Mood disorders
- » Life stage changes/concerns that are common in young adults

How do I register for the program?

Self-referrals are common and welcome. Referrals from healthcare professionals are optional. Services are covered by most health insurance plans, and we are happy to assist you with reviewing your coverage options.

To start the enrollment process or to get help determining which of our many programs might be best for you, **contact our Behavioral Health Services Call Center at 1 (844) 401-0111.**

For more information, use your smartphone's camera to scan the QR code, or go to: www.Butler.org/Young-Adult-Intensive-Outpatient-Program

