

Adolescent and Young Adult Services

Connect 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 connect program?

Our **Connect IOP** is a program designed for young adults, ages 18 to 26, who are struggling with mood symptoms, such as depression, anxiety or other mental health concerns, as well as challenges with social functioning. The program empowers patients to tackle their mental health needs while also learning how to better navigate the social aspects of life. The goal of the program is to assist patients in enhancing their mood and overall confidence in themselves. Individuals on the Autism Spectrum, or who have other neurodiversity, who are capable of attending and appropriately engaging in three, one-hour long segments of group therapy would benefit from this program. Individuals who need assistance with self-care or who are non-verbal would not be able to enroll. The program runs simultaneously with our College and True Self IOPs with some groups carved out exclusively for Connect 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.