

LIFEWAYS INTENSIVE OUTPATIENT PROGRAM

PHILOSOPHY

Lifeways Intensive Outpatient Program is committed to helping individuals achieve mental and emotional balance through personalized care and a structured, supportive environment.

At Lifeways, we recognize all of our clients as individuals and strive to create personalized treatment plans to help clients meet their diverse needs. We actively work to support a person's physical, social, cognitive, emotional, and spiritual well-being through individualized care plans and a multi-disciplinary approach to treatment. We invite members of our client's support systems to engage in the recovery process to foster a strong, supportive environment outside of the program. At Lifeways, we believe that with supportive intervention, recovery is possible.

ABOUT LIFEWAYS IOP

Lifeways IOP is a specialized intensive outpatient program designed for adults who struggle with severe and persistent mental illness. This program is tailored to meet the needs of individuals whose symptoms and stage of recovery would be better served with additional support and structure than traditional outpatient services are designed to offer. This allows individuals the flexibility to remain active members of the community while receiving intensive mental health support. The typical length of stay in the program is 90 days. This timeframe can vary based on individual clients' needs and progress in treatment.

SERVICES AVAILABLE

- ❖ Group Therapy
- ❖ Individual Therapy
- ❖ Medication Management
- ❖ 24-hours crisis coverage

MEET THE TREATMENT TEAM

- ❖ Psychiatrist
- ❖ Nurse Practitioner
- ❖ Physician's Assistant
- ❖ Therapist

A TYPICAL DAY

- 1:00 First Group
- 2:00 Break
- 2:10 Second Group
- 3:00 Break
- 3:10 Third Group
- 4:00 End of Day

TYPES OF GROUP CLASSES AVAILABLE

- ❖ Goal Setting Groups
- ❖ Skill Building Groups
- ❖ Psychoeducation Groups
- ❖ Closed Process Groups
- ❖ Music and Art Therapy Groups

Groups alternate throughout the week. Medication management will be scheduled during program hours. Individual therapy is scheduled outside of group time, at a time determined by the client and therapist.

REFER SELF OR CLIENT

- ❖ Apply online
- ❖ Call for a phone screening
- ❖ Fax a referral packet
- ❖ Email for information or referral packet
- ❖ Schedule an intake appointment

WHAT YOU WILL NEED

- ❖ Sign consents online or in person
- ❖ Complete assessments online or in person
- ❖ Submit a copy of your most recent History and Physical, schedule one with your Primary Care, or schedule one through program staff

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WEBSITE: <http://www.lifeways.org/adult-services/lifeways-intensiveoutpatientprogram/>

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