

# Intensive Outpatient Program (IOP)



Health Solutions provides behavioral health services at no cost to Health First Colorado members.

These members may be charged a co-pay for medical services. Please ask our support staff for more details.

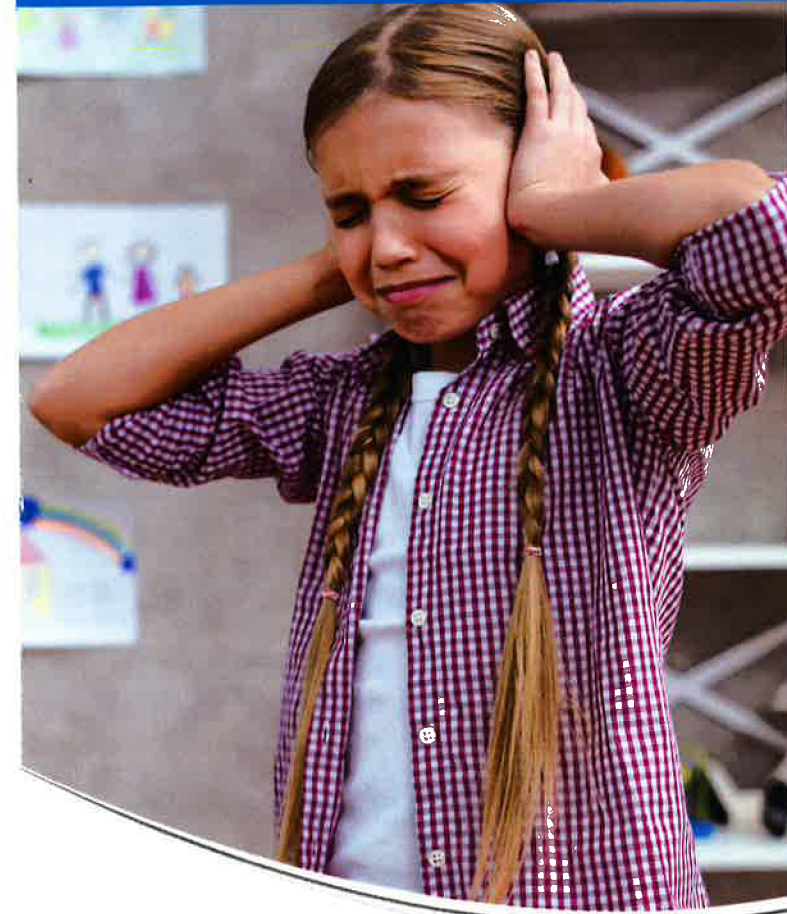


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The Health Solutions Intensive Outpatient Program (IOP) at the Family Center is a safe and secure program for youth three to 14 years of age that aims to prevent inpatient treatment, encourage emotional growth, foster healthy development and improved function for both the youth and their family.

Group, individual and family therapy are some of the modalities utilized to address concerns such as stress, anxiety, depression, anger, distorted thinking and other behaviors that may be disrupting the child's life.

Our master level clinicians provide a unique results-driven program with clinically proven techniques in a confidential and engaging environment for youth. The IOP program involves the whole family; thus, parents and caregivers will have an integral role in their child's treatment.

A weekly group for parents, as well as family therapy sessions, will allow the child and their caregivers to connect through these services. During these family sessions,

parents/caregivers get the opportunity to be fully engaged in the treatment goals that their child is developing.

The program is best suited for youth who are:

1. Struggling with an emotional and/or behavioral anxiety disorder.
2. Experiencing significant dysregulation in emotions.
3. Avoiding or stepping down from a restrictive setting, such as an inpatient or residential program.
4. Currently in crisis, and do not present as a danger to themselves or others.
5. In need of more intensive services than are available through outpatient treatment programs.
6. Experiencing emotional symptoms of significant severity that bring about impairment of day-to-day life.



7. Motivated to attend and capable of participating in all phases of the program.
8. Able to exhibit limited aggressive behavior with no assaultive behavior.

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