

IntraCare Sugar Land Adolescent Services:

The **Adolescent Intensive Outpatient Program (IOP)** is a highly structured, therapeutic program for adolescents ages 12-17. Prior to admission staff members will conduct an assessment and develop a personalized plan of care for each client with a focus and length of stay specific to each client's needs. The client's care is guided by a psychiatrist. Family support and commitment are crucial to treatment progress.

This program serves adolescents who are experiencing family, school and social difficulties due to moderate to severe:

- Behavior Issues (school difficulties, poor impulse control, self-harm, oppositional/defiant behavior)
- Psychiatric Disorders (psychotic problems, major mood disorders, anxiety disorders, developing personality disorders)
- Substance abuse or more than one diagnosis such as chemical dependency accompanied by depression

Adolescents in the program may have been hospitalized before, although prior hospitalization is not required for program participation. Additionally, adolescents that are not making the desired progress in other less intensive treatment settings may benefit from the program.

Admission Criteria:

- Adolescents ages 12 to 17
- Capable of actively participating in the treatment program
- Experiencing family, school and/or social difficulties

Hours of Operation:

- Monday, Tuesday, Wednesday and Thursday
- 4:30 - 7:30 pm

Program Schedule:

- 4:30 – 5:30 pm: Psychoeducational/Didactic Group
- 5:30 – 6:30 pm: Group Process
- 6:30 – 7:30 pm: Multifamily Group (Monday and Wednesday)
Experiential Group - clients only (Tuesday and Thursday)

Consultations are available at no charge for potential program participants and their families. To schedule an appointment for a consultation please call:

832.642.0827

~ Monday through Friday ~