Intensive Outpatient Programs (IOP)

Definition

Intensive Outpatient Programs (IOP) are structured treatment sessions for individuals needing more than regular outpatient care but not 24-hour supervision.

Advantages

- Flexibility
- Cost-effective
- Structured Environment
- Continuity of care
- Family involvement
- Tailored treatment

Conditions Treated

- Alcoholism
- Drug addiction
- Depression
- Anxiety disorders
- Bipolar disorder
- PTSD
- OCD
- Trauma and Abuse
- Grief and Loss

Intensive Outpatient Program Mental Health Manual

D Keegan

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