

Intensive Outpatient Program- Teen Mental Health Schedule

LGTC Teen IOP Program					
	Monday	Tuesday	Wednesday	Thursday	Friday
3:30-4:00pm	Check-in/Social Skills		Check-in/Social Skills	Check-in/Social Skills	
4:00-5:00pm	Process Group + WRAP		Mindfulness	Yoga	
5:00-5:15pm	Break		Break	Break	
5:15-6:25pm	DBT		CBT	Multi-Family Group	
6:25-6:30pm	Check-out		Check-out	Check-out	

Intensive Outpatient Program- Teen Mental Health Group Descriptions

Check-in/Social Skills: Teens will check-in using the Brief Mood Survey created by Dr. David Burns. The Brief Mood Survey is a set of scales that indicate the severity of symptoms such as depression, anxiety, anger, suicidal urges, positive feelings, and relationship satisfaction or conflict. Teens will have an opportunity to interact with each other and staff and or play games prior to the start of the first group.

Process Group + Wellness Recovery Action Plan (WRAP):

Process Group: Process groups are a form of group therapy. The power of process groups lies in the unique opportunity to receive multiple perspectives, support, encouragement and feedback from other individuals in safe and confidential environment.

WRAP: The Wellness Recovery Action Plan, developed by Mary Ellen Copeland, PhD, is a self-designed prevention and wellness tool that you can use to get well, and stay well. WRAP is for anyone, any time, and for any of life's challenges.

Cognitive Behavioral Therapy (CBT): CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems

Dialectical Behavioral Therapy Skills Group (DBT): DBT is a skills-based approach and includes four sets of skills including Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness. The fourth skill is mindfulness and will be taught in a separate group during the IOP program.

Mindfulness: Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Multi-Family: Being involved with a teen's treatment can often feel like an extremely isolating experience for parents. The multi-family group provides a nice counterpart to help provide families with perspective and encouragement within their experience as well as an understanding, sympathetic community with which to interact, learn from and process their experiences.

Yoga: Yoga refers to the spiritual discipline that includes meditation, exercises, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual. Yoga is a Sanskrit word, which means 'connection' or 'union'; yoga focuses on the mind-body connection and building self-awareness.