

GROWTH Intensive Outpatient Program: FACT SHEET

MEETS VIA SECURE VIDEO | Monday - Thursday from 8:30-10:30 a.m.



The GROWTH program is an opportunity for you to learn skills you need to be more successful in your daily life. At times life can become overwhelming; however, with the right tools and support, you can overcome and even thrive despite the challenges of your life. The GROWTH program is for adults whose mental health challenges need more intensive treatment.

What can I expect in the GROWTH program?

Through group sessions you will gain:

- Skills to manage distressing thoughts and situations
- Techniques to be more effective in how you communicate your needs
- Improved ability to maintain healthy relationships and use those relationships for support
- Increased confidence in yourself and in your ability to overcome challenges
- Basic information about the mental health diagnosis you are struggling with
- A more complete healing experience, allowing you to combine the skills you learn with your faith, if desired

Questions you may have

- ***How much does it cost?***

Most health plans cover Intensive Outpatient Programs. However, you may have to meet a deductible or pay copays based on your individual plan. Our staff will work with you to help you understand the costs and your insurance benefits.

- ***How long does the program last?***

Participants will typically attend two to three hours per day, three or four days per week. Each person's treatment plan is different, but the average length of time in the GROWTH program is four weeks.



- ***Three hours per day is a long time. What will we do?***

The schedule is subject to change and will vary by location. However, each day will consist of time to set goals and review progress on your goals from the day before. Additional time will be spent processing the previous day's homework. Group discussions and activities will teach new skills and ways of thinking. Staff will also provide education about mental health diagnoses and other topics that may be affecting you. You may also step out of group to meet with the psychiatrist.

- ***Who will be working with me?***

You will work with professionals with training in a variety of therapeutic approaches, including Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and solutions-focused therapy. You may also work with the psychiatrist, who can prescribe any medications that may benefit you.

- ***I've been seeing an outpatient therapist, so why would I participate in this program instead?***

This program is designed for those for whom sessions with an outpatient therapist once or twice per week are not enough. This may be due to you transitioning down from a higher level of care, such as an inpatient admission. Or it may be because the stressors you are facing are becoming overwhelming. For others, outpatient counseling has been helpful, but they are having trouble utilizing the skills learned in counseling in their daily lives. We recognize that this program is a significant investment of your time, but feel strongly that it is just that—an investment. Participating in this program will teach you skills that will make you more able to be successful in all areas of your life.

- ***I already have an outpatient therapist. Will I continue to see him or her while I am in the GROWTH program?***

This will be determined through the treatment plan you and your group facilitator agree on together. You will likely stop seeing your therapist for the time you are in the GROWTH program, but can return to him or her when you finish. With your consent, our treatment team will work with your outpatient provider to make the transition to our program and back to your provider as smooth as possible.

- ***I've never done group therapy. What are the benefits of it?***

Group therapy can seem intimidating but is very beneficial for many people. Participating in a group allows people to see that others share similar struggles. It also gives group members the opportunity to practice their new skills in a safe, non-judgmental social setting. This can give them the confidence and ability to generalize these skills into other aspects of their lives. Group also allows group members to learn from and teach each other. This provides different perspectives as well as builds confidence for members when they are able to help each other learn a new skill or provide empathy and support for one another.

- ***How is spirituality incorporated into the GROWTH program?***

Individuals can apply the faith-based piece as little or as much as they would like. We respect clients' beliefs and meet them where they are at.

PLEASE NOTE: Program schedule is subject to change. Please contact us at 800.438.1772 for current information.