

# GROWTH Intensive Outpatient Program: FACT SHEET FOR REFERENTS

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



## Program Details

Clients typically attend the GROWTH program for two to three hours, three or four days per week, depending on location. They spend all of that time in group. The group schedule varies somewhat by day and location, but content includes the following:

- DBT skills
- CBT techniques
- Psychoeducation
- Other therapeutic activities

Clients will set goals for the time they are in group as well as for their time outside of group. Time is allocated for them to set and process their goals as well as to discuss how successful they have been in meeting them. Additionally, clients will be asked to complete homework daily and will review their experience with the homework at the next session. These homework assignments are designed to help clients practice the skills taught during group sessions and to assist them in creating new habits of thinking and behaving.

## Benefits of Group Therapy

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.

## Who Benefits from Group Therapy? What Should I Look for When Referring?

GROWTH is appropriate for adults 18+ struggling with anxiety, depression, bipolar, borderline personality disorder, or schizophrenia. Group therapy benefits an individual who may be looking for a lower level of care if stepping down from partial hospitalization or inpatient, or for an adult who has regressed or plateaued in the traditional outpatient counseling setting.



## **Use of Dialectical Behavior Therapy (DBT)**

Most days, clients will focus on a specific DBT skill. Dialectical Behavior Therapy is a cognitive-behavioral counseling approach that has been found to help individuals with a variety of mental health struggles. DBT operates from the assumption that clients are doing the best they can; unfortunately, these individuals struggle, both individually and in their relationships, because they have not learned or mastered many healthy strategies and coping skills. DBT teaches skills to promote emotional well-being and healthy relationships, assisting clients to change what is possible and accept what is not. In the end, DBT promotes resilience and helps clients build a fulfilling life. The program also incorporates other approaches, such as Cognitive Behavioral Therapy (CBT) and solutions-focused therapy.

## **Psychiatry Support**

Clients may also meet weekly or biweekly with our program psychiatrist. The psychiatrist will assess their need for medication and prescribe and monitor any appropriate medications. This additional service means that your client will have access to medication management within the week they begin the program, if needed. This level of coordination of care means no wait times and improved ability to implement skills and improve quickly.

## **Case Management**

With the client's permission, program staff will contact you to obtain any relevant information you might have about the client and his or her treatment goals. The staff will also contact the client's outpatient therapist and psychiatrist as the client nears discharge to schedule an appointment. If the client does not have outpatient providers, the program staff will assist the client in finding a provider and scheduling intake appointments for soon after discharge.

We recognize that the GROWTH program is a large investment of time for the client; however, we strongly believe that we will be able to help each client grow and learn new skills that will help him or her be more effective in every aspect of life.

## **Making a Referral**

If you would like to make a referral, you can encourage the client to call us 800.438.1772. The intake team will help the client to determine if the GROWTH program is right for them. This call may take 30 to 45 minutes, so please encourage the client to plan accordingly. Once the intake screening is completed, it will be reviewed with the attending psychologist, and a treatment recommendation will be made. We strive to have clients begin group within a week of the initial intake call whenever possible.

## **Incorporating Spirituality in 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.

**If you have further questions, please contact our intake team at 800.438.1772. They will do their best to answer your questions and will connect you with program staff if needed.**

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