



GROWTH

INTENSIVE OUTPATIENT PROGRAM FOR ADULTS



Sometimes a more intensive level of counseling care is needed for true healing. When that happens, your counselor may recommend the **GROWTH Intensive Outpatient Program**.

Clients in the GROWTH program learn emotion and behavior regulation strategies, skills to build and strengthen relationships, and techniques for the management of psychologically distressing situations.

GROWTH is appropriate for clients 18+ who are:

- Struggling with many mental health conditions such as anxiety, depression, bipolar disorder, borderline personality disorder, schizophrenia or other challenging symptoms related to trauma or mental health conditions
- Stepping down from hospitalization or inpatient settings, seeking to make progress in their treatment
- Stepping up from weekly outpatient counseling sessions, because symptoms are not improving

Program locations

The GROWTH program is offered at two Christian Family Solutions clinic locations:

BROOKFIELD

16535 W. Bluemound Road, Suite 305
Brookfield, WI 53005

APPLETON

4351 W. College Avenue, Suite 410
Appleton, WI 54914

Getting started

We accept professional and self-referrals.

- Clinical professionals can refer online at [ChristianFamilySolutions.org](https://www.ChristianFamilySolutions.org) or by calling **800-438-1772**.
- Self-referrals can contact our intake team at **800-438-1772**. Our intake professionals are skilled at answering your questions and directing you toward next steps.

The GROWTH experience

Clients attend GROWTH programming three hours per day, four days per week. The majority of the programming takes place in groups, with typically 4-8 people in each group. Each person's treatment plan is different, but a typical length of stay in the GROWTH program is four weeks.

The GROWTH program uses Dialectical Behavior Therapy (DBT) skills, Cognitive Behavioral Therapy (CBT) techniques, occupational therapy, psychoeducation, and other therapeutic activities. Skills are taught during group time, and clients are encouraged to practice these skills outside the group in an effort to explore new habits of thinking and behaving. Progress toward goals is discussed during group time, so that the group leader and group members can support and encourage progress.

Our program integrates evidence-based counseling techniques with a Christian perspective to support clients both emotionally and spiritually. This is done in a way that meets clients where they are spiritually. We invite each client to explore scripture in a way that supports the treatment process.



The benefits of group therapy

Individuals who engage in group therapy improve their mental health more quickly and in new ways. The daily monitoring of symptoms, the assessment with a professional counselor four times per week, and the accountability of the group dynamic all contribute to progress. Attendees typically see vastly improved scores on measures of their symptoms, and they are able to maintain those improved levels. Upon discharge, nearly all clients show marked improvement in their ability to function in their daily lives.

Collaborative care and case management

Our program staff will coordinate care with the referring clinician or medical provider. With the client's permission, we obtain any relevant information about the client's past or current situation and treatment goals. For individuals with medication management concerns, we provide access to our team of psychiatrists and psychiatric nurse practitioners for consultation.

As the client approaches discharge, our staff contacts the referring clinician or medical provider to ensure continuity in care. This coordinated care allows for smooth transitions and the best opportunity for success.

What makes CFS unique?

- Comfortable clinic settings
- Quality, evidence-based treatment integrated with Christian faith principles
- A collaborative approach, to coordinate the best possible treatment plan for the client



Scan the QR code with your phone to watch a video about the GROWTH Intensive Outpatient Program.



800 438-1772 | [ChristianFamilySolutions.org](https://www.ChristianFamilySolutions.org)