

## GROWTH Intensive Outpatient Program for Adults Frequently Asked Questions

The [GROWTH Intensive Outpatient Program](#) is a step up in care that is designed to help clients feel better, faster. GROWTH gives clients the right tools and support to overcome and thrive despite mental health and life challenges.

### **When and where is the GROWTH program offered?**

The GROWTH program runs Monday-Thursday from 9-noon.

- CFS BROOKFIELD Clinic: 16535 W. Bluemound Road, Suite 305, Brookfield, WI 53005
- CFS APPLETON Clinic: 4351 W. College Avenue, Suite 410, Appleton, WI 54914

Please contact us for current program times and openings.

### **What are the typical admission criteria for the GROWTH program?**

- Safety concerns related to suicidal ideation or self-harm
- Inability to regulate emotions leading to impulsivity or impairment in relationships with family, friends, co-workers, etc.
- Impairment in work performance or school performance due to behavioral health symptomology
- Symptom patterns that have been present for more than one-year duration and do not appear to consistently improve with traditional outpatient care
- Struggles to maintain daily tasks pertaining to hygiene, eating, wellness, etc. that are not improving with current outpatient care
- Extensive history of outpatient treatment or multiple providers which has not produced symptom reduction

### **What is group therapy like?**

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.

## **Why is therapy done in a group setting?**

Group therapy can seem intimidating, yet it is very beneficial. Each person in the group sees that others share similar struggles. Group members have the opportunity to practice their skills in a safe, non-judgmental social setting. This practice provides confidence and the ability to transfer these skills into other settings. There is also a sense of satisfaction from members helping one another and supporting each other.

## **What are the benefits of group therapy?**

Individuals who engage in group therapy, and intensive groups in particular, improve their mental health more quickly and in new ways. The near 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.

## **What can I expect after I am referred to the GROWTH program?**

The GROWTH program begins with a diagnostic assessment (DA). This appointment typically lasts one hour and begins the treatment process. Our staff will then work to verify your insurance benefits and/or any financial assistance available so you have a clear picture of the financial aspects of your treatment. After your DA is complete, you will have a better understanding of your start date options and your program schedule.

## **What if this programming doesn't fit my schedule?**

The risks and lost time due to untreated mental health conditions far outweigh the time investment in this program. When you commit to a GROWTH treatment plan, you are committing to feeling more like yourself again, faster which allows for improvement in all aspects of your life.

Most schools and employers will support the schedule of this treatment. The CFS staff can assist with any necessary conversations and transitions.

## **Do you incorporate the Christian faith into the GROWTH program?**

The GROWTH program integrates two very powerful approaches to healing and hope: evidence-based mental health treatment and God's enduring Word presented to us in scripture. Incorporating your faith into treatment – whatever size your faith is at the time – creates more meaningful and effective outcomes. We meet you where you are spiritually and invite you to explore the truths of Scripture to support your treatment process.

## **How do I get started in GROWTH?**

We accept professional and self-referrals.

- Clinical professionals can refer online at [ChristianFamilySolutions.org/refer-online/](https://ChristianFamilySolutions.org/refer-online/) 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.