

DBT Based Adult IOP

Faith Integration When Requested

Participate in person or via Telehealth

Sometimes a more intensive level of counseling care is needed for true healing. When that happens, your counselor may recommend an **Intensive Outpatient Program (IOP)** from Christian Family Solutions.

This IOP is appropriate for clients 18+ who are:

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

The IOP experience

- Clients attend our IOP three hours per day, four days per week.
- Programming takes place in hybrid groups, with additional individual therapy as needed. There are typically 4-8 people in each group—in person or via telehealth.
- Although each person's treatment plan is different, a usual length of stay in this IOP is 6-8 weeks.

Our program uses Dialectical Behavior Therapy (DBT) skills, Cognitive Behavioral Therapy (CBT) techniques, experiential 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.

We integrate evidence-based counseling techniques with a Christian perspective, when requested, to support clients both emotionally and spiritually. This is done with the understanding of each client's spiritual journey. We invite each individual to explore scripture in a way that supports their treatment.

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 your referring clinician or medical provider. With your permission, we obtain any relevant information about your past or current situation and treatment goals.

As you approach 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.

Program locations

(In-person participation is preferred for best outcomes)

The IOP program is hybrid, offered at two Christian Family Solutions clinic locations and via telehealth:

APPLETON

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

Our TELEHEALTH option makes treatment accessible for Individuals who struggle with transportation, have medical or mobility concerns or who live far from a clinic. This availability means less travel time to reduce impact on other demands such as work, school, or childcare schedules. It may also be a better option for adults who experience significant emotional barriers that make it challenging to participate in person.

Getting started

We accept professional and self-referrals.

Clinical professionals can refer 3 ways:

 ChristianFamilySolutions.org

 intake@wlcfs.org

 **262-415-7147**

Self-referrals can contact our intake team at **262-415-7147**.

Our intake professionals are skilled at answering your questions and directing you toward next steps.

What makes CFS unique?

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



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