

DBT Based Adult IOP

Faith Integration When Requested

Participate in person or via Telehealth



This IOP is appropriate for clients 18+ who are:

- Struggling with 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.





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.

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.

Program locations

The IOP program is hybrid, offered at our Appleton Christian Family Solutions clinic location and via telehealth:

APPLETON

4351 W. College Avenue,
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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