

IntraCare Lake Jackson Adult Services:

- **Intensive Outpatient Program (IOP):** the less intensive program with programming three days a week.

This program treats both mental health and addiction issues.

Following a comprehensive assessment, the treatment team designs a course of treatment individualized for each client. Members of the treatment team include doctors, nurses, program therapists and psychiatric technicians.

The treatment programs are designed to serve adults aged 18 and older who need more frequent and comprehensive therapy than traditional outpatient settings can provide. The programs are also appropriate for individuals ready for discharge from an inpatient setting who require structured, intensive therapy.

Admission Criteria:

- Age 18 or older
- Agreeable to participating in the program
- Ambulatory and physically able to participate
- Able to maintain control of impulses and effectively participate
- Not a danger to self or others
and
- Currently resides in a safe, secure supportive residence
- Has a primary psychiatric diagnosis with acute symptoms

Hours of Operation:

- Monday through Thursday
- 8:45 am to 2:45 pm or by appointment

Program Schedule (Tuesday, Wednesday and Thursday):

- 9:00 – 10:00 am: Goal Setting Group - structuring the patient's day, return to work, transition to daily living activities with family and friends
- 10:00 – 11:00 am: Psychoeducational Group - information on coping skills for each patient's mental illness, medication and the use of drugs/alcohol with medications
- 11:00 am – 12:00 noon: Process Group - discussion of patient's issues in treatment
- 1:00 – 2:00 pm: Specific Issues Group - Anger Management, Building Trust, Increasing Self-Esteem, Developing Problem Solving Skills

Consultations are available at no charge for potential program participants and their families. To schedule an appointment for a consultation please call:

979.292.0113

~ Monday through Thursday ~