

# Texas Children's Hospital Intensive Outpatient Program

## We're here to help

We understand that adolescents may require a higher level of care than what can be offered through weekly psychotherapy.

- Average program stay 6-8 weeks
- Collaborative
- Evidence based, outcomes driven
- Individualized
- Family centered



### Specifically designed for 12-17 year-olds that struggle with the following :

- Suicidal thoughts
- Self-harm
- Emotion regulation difficulties
- Family conflict
- Chronic stress, anxiety, mood difficulties
- Challenges functioning at home, at school, or with peers

### Services are individualized to the unique needs of adolescents and include:

- Individualized treatment plans
- Skills-focused group therapy
- Individual therapy
- Family therapy
- Art, music, and mindfulness based interventions
- Caregiver support groups
- Medication management
- Case management and discharge planning

### All Care is in person

3 Days a Week / 4 Hours Per Day

### About the Provider Team :

- Child and Adolescent Psychiatrists
- Psychiatric Nurse Practitioner
- Behavioral Health Clinicians
- Medical Social Workers
- Integrative Therapists
- Registered Nurses



Scan the code to learn more