

## Sarah Burdge, PhD, Clinical Director



ADOLESCENT  
COUNSELING SERVICES  
strength through support

Adolescent Counseling Services  
1717 Embarcadero Rd. Ste. 4000  
Palo Alto, CA 94303  
650-424-0852 x102

[www.projectoutlet.org](http://www.projectoutlet.org)

[www.acs-teens.org](http://www.acs-teens.org)

[sarah@acs-teens.org](mailto:sarah@acs-teens.org)

# ***WHAT IS AN IOP?***

- *An Intensive Outpatient Program is a 3-5 day a week, treatment program that includes some combination of individual therapy, group therapy, psycho-education, medical assessment, psycho-pharmacological assessment and treatment services*

# FOCUS OF IOP's

- Suicide Attempts or ideation
- Substance use
- Psychotic symptoms/Manic Episodes
- Severe Anxiety
- Eating Disorders

## ● LEVELS OF CARE:

- Consultation and education
  - Formal Clinical and/or Medical Assessment and referral/recommendations
  - Individual or group therapy once or twice a week
  - IOP
  - In patient services
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- Start at beginning! Not wait till end is needed!

# FACTORS TO CONSIDER

- Degree of risk for self-harm or suicidal ideation
- Level of support within family and/or community
- Previous high risk behaviors
- Previous diagnosis and/or treatment
- Trauma history
- Current stressors ( including minority stress)
- Co-occurring diagnosis (ex. Substance use?)
- High risk factors (gender, LGBTQ+, current stressors)
- Length of time with current struggles
- Impact of symptoms on life
- Previous levels of functioning

Highest level of functioning – Solid Family and community support, minimal trauma  
History -> Individual Therapy on a weekly basis

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History of Trauma and/or lack of family support but no history of substance use or serious mental health challenges - > More intensive individual and family therapy

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History of Trauma and/or Family support challenges and/or substance abuse....  
- > IOP should be considered

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History of the above PLUS history of suicide attempt or high risk behavior  
-> IOP or possible in patient care

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History of inpatient treatment or IOP - > In patient care

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# THE PROCESS

- Initial identification of struggle
- Connection with professional - who is leading?
- Development of treatment team
- Coordination of care
- Release of information
- Transitional Care Plan
- Family Support and education

# CRITICAL STRATEGIES

- Early Intervention!
- Family and Community Support
- Youth Centered support
- Caring contiguous relationship!
- Education
- Team Coordination - including schools, MD's, etc.
- No stigma!
- Love





# *Thank you!!*

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