



Adolescent Intensive Outpatient Program

The Adolescent Intensive Outpatient Program helps to address the struggles of today's adolescents. Our program is designed to provide education and tools for the adolescent, helping them to achieve wellness in a supportive and caring environment. Vista's adolescent IOP offers parent updates and weekly family groups to help build communication while connecting teens and their families. Our team of professionals uses evidence-based curriculum for the treatment of psychological symptoms. Unlike inpatient hospitalization, IOP allows the adolescent to attend school during the day.

WHO BENEFITS FROM IOP?

Our program is designed for adolescents 12-17 years of age, who are experiencing a behavioral health disorder that may be interfering with their daily functioning.

BENEFITS OF PROGRAMMING INCLUDE:

- Alternative to inpatient hospitalization
- Serves as a step-down from inpatient care
- A comprehensive assessment and individualized wellness treatment plan
- Clients are provided with aftercare referrals and a discharge plan to ensure continuity of care

HOURS OF PROGRAM

Our Adolescent IOP meets three times per week from 4:00 P.M. to 7:00 P.M.



VISTA *del* **MAR**

Behavioral Healthcare Hospital

To learn more, or to refer a patient
Please call: **805.653.6434**

VISTA DEL MAR OUTPATIENT SERVICES

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To learn more about our programs please call: 805.653.6434