



## Virtual Adult Intensive Outpatient Program



### Are mental health or substances abuse issues holding you back?

Our virtual Intensive Outpatient Program is designed for adults needing intensive, short-term treatment for mental health issues and/or substance abuse problems.

#### It's nice to meet you!

Thank you for trusting Northern Light Acadia Hospital to assist you in your journey to recovery and better mental health. Our virtual Intensive Outpatient Program (IOP) is an evidenced-based group therapeutic program offered securely online for individuals needing intensive, short-term treatment.

Our diverse team of professionals are prepared to offer you an array of treatment options and support services while guiding you through our evidenced-based phases of treatment.

#### Criteria for the program include:

- Symptoms that interfere with functioning
- Deterioration in the ability to cope and quality of life
- Substance use disorders, mental health disorders, and co-occurring disorders
- Stable medical status
- The ability to maintain safety of self and others



### Phases of treatment

#### Phase 1 - Acute Phase

Clients may be in crisis and early in the recovery process. The treatment focus is on developing and maintaining foundational skills, symptom management, and support.

#### Phase 2 - Sub-Acute Phase

The crisis is resolving, and the client's understanding of recovery is clear. The focus is on recognizing the connection among thoughts, emotions, and behaviors, and skills that regulate them.

#### Phase 3 - Recovery Phase

Clients are more stable, and the focus is on practicing and maintaining skill, using supports to prevent relapse, and establishing a transitional discharge plan that can include outpatient providers.

# What to expect

## Who we are

We are an interdisciplinary team of board certified psychiatrists, psychiatric mental health nurse practitioners, master's level clinicians, outpatient support specialists, care coordinators, and psychiatric technicians who are all dedicated to you and your coordinated treatment plan for recovery.

## About the program

The average length of the treatment program is 6 - 9 weeks, depending on your needs. The therapy groups are lead by a licensed, master's level clinician and are available on the hour from 8 am - 2 pm , Monday through Friday. You will receive all of the group invitations daily and be able to choose at least 9 of which you wish to attend. You will also meet individually with a therapist every week to support your needs.

## Everything is virtual

All groups are held virtually through Zoom. You will need to supply to us your email address and have the ability to use Zoom. Your email address will not be shared with any other clients.



## CONTACT US

To get started, call Acadia Hospital's Behavioral Health Resource Center at 207.973.6048 or toll free at 1.800.640.1211.

If you have questions about the program, call the Intensive Outpatient Program office at 207 .973.6593.

If you're in crisis, please reach out to the 24-Hour Crisis Response Line at 1.888.568.1112.

## Expectations of participants

- Cell phone use and other distractions will be removed from your space during groups.
- You will arrive to the chosen group sessions on time and remain until the group is over. This decreases disruptions and helps you and others get maximum benefit from the groups.
- We will uphold a respectful environment for both staff and fellow clients.
- We require you attend a minimum of nine groups over three days. You are welcome to attend up to five days and as many groups as you would like.

## Additional hospital services by referral

One of the many benefits of seeking care at Northern Light Acadia Hospital is that you will also have access to many of our other outpatient services we offer through referral such as:

- Group therapy
- Individual therapy
- Couples and family therapy
- Medication management
- Case management