

About the Intensive Outpatient Program (IOP)

IOP has been launched to create the best care for young people with a serious emotional disturbance. It provides a treatment plan created in partnership with the client and client's family to provide services for those who need more intensive treatment than traditional outpatient therapy, but less in-depth than residential treatment. The IOP will enable services to be provided in more rural areas so clients do not have to leave their community to receive help.

Why IOP?

- Simpler system to receive help
- No removal from home/school
- Individual treatment plans
- Variety of therapy options
- Clients are full partners in their care
- No judgment

If you're struggling, there's no shame in asking for help.

To seek help
or make a referral,
call **833-889-4037**
or visit **[https://
region1bhs.net/
service-access-portal/](https://region1bhs.net/service-access-portal/)**



Education Service Unit #13
4215 Avenue I - Scottsbluff
<https://www.esu13.org>
308-635-3696



Region I Behavioral Health Authority
18 W 16th Street - Scottsbluff
<http://www.region1bhs.net/>
308-635-3173

funding for IOP provided by
**Nebraska Behavioral Health
System of Care**
dhhs.soc@nebraska.gov
<http://dhhs.ne.gov/soc>

Intensive Outpatient Program (IOP)

Keep your
routine while
accessing services
within your
community

A higher level of care for
those in need without leaving
home or school.

Education Service Unit #13
Region I Behavioral Health Authority

What makes IOP different?

IOP creates an intensive/comprehensive treatment plan for those in need of a higher level of care, while keeping the youth in their familiar surroundings.

COLLABORATIVE

IOP works with local providers to make services more accessible – even in rural areas. All treatment plans are collaborative with the young person being a full partner in their own care.

COMPREHENSIVE

Each treatment plan is unique to the youth and is higher level of care for those who need more help than traditional outpatient therapy can provide. IOP will include 9 or more hours of services per week.

CONVENIENT

IOP is designed to take services to the youth, avoiding long travel times. Therapists will travel to the preferred location (school, etc.) with careful consideration of privacy, safety, and easy access to care.

9 or more hours of intensive level services per week

IOP means individualized plans to meet each youth's specific needs – created with the youth, the youth's family, treating therapist, supervising practitioner/clinical director and others as necessary. Plans will include a combination of:



FAMILY
THERAPY



GROUP
THERAPY



INDIVIDUAL
THERAPY

Mental health is key to overall health.

Mental health challenges can happen in any family, and no one needs to face those issues alone.

Sometimes, traditional outpatient therapy is the appropriate treatment for these challenges, but for those who need more in-depth care, IOP can be that answer. The young person does not need to leave their home or school and their regular, comforting routines, but will still receive the care they need.

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