Sarah Burdge, PhD, Clinical Director

Adolescent Counseling Services
1717 Embarcadero Rd. Ste. 4000
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www.projectoutlet.org
www.acs-teens.org
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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, pharmacological assessment and treatment services.

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Focus of IOP’s

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

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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

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 (e.g., Substance use?)
- High risk factors (gender, LGBTQ+, current stressors)
- Length of time with current struggles
- Impact of symptoms on life
- Previous levels of functioning

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

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

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

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

History of inpatient treatment or IOP → In patient care
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

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Thank you!!

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