The Adolescent Intensive Outpatient Program (IOP), located at 3007 N. Saginaw Rd. on the campus of MyMichigan Medical Center-Midland, is designed to help individuals who need more care than what is offered in traditional outpatient care settings, but less intensity than what is offered in partial hospitalization programs or inpatient behavioral health units. The goal of the service is to help adolescent patients develop understanding regarding their mental health, reduce the impact of symptoms, and cope with challenging situational crises. The IOP for adolescents also teaches youth how to function within their family system, and family treatment meetings are included in the program. Youth who are suffering with behavioral health crises need assistance to feel more hopeful about their future, find purpose, and get back into their routines. The treatment mission of IOP services is to create a space that meets individuals “where they are” in a positive milieu that fosters support and change. The latest medication advances, evidence-based therapeutic techniques, and peer connections are all components that provide adolescents with the tools for recovery.

MyMichigan Medical Center-Midland’s Adolescent IOP can be utilized as a strategy to avoid higher levels of care, like inpatient hospitalization. Our structured program can help an individual recover without the possible trauma that sometimes occurs when a patient is admitted to a locked unit, away from home and loved ones. Our IOP can also be a good alternative as a step-down from inpatient care for patients who are stable enough for discharge but are not at the point of being able to engage in all activities of daily life. These patients need more than once weekly outpatient services to remain on their path to full functioning. Inpatient treatment providers are often more willing to discharge patients who are still in the beginning of their recovery when the IOP can help them achieve the next level of stability and functionality.

Midland’s IOP will utilize evidence-based treatment modalities of Brief Strategic Family Therapy and Dialectical Behavior Therapy. While the amount of time in the program will depend on individual needs and progress, the average length of stay is estimated to be two to eight weeks. Sessions will occur at least three times weekly, for three hours each day, and are conveniently scheduled for after-school hours. Services and will include psychiatric evaluation and medication review, group therapy run by Master’s prepared therapists, individual and/or family therapy, nursing care and coordination.