KidsPeace Children's Hospital™
The National Hospital for Kids in Crisis

Intensive Outpatient Program
Community Programs

Fact Sheet: **Intensive Outpatient Program**

Description
The Intensive Outpatient Program provides intensive mental health services to children and adolescents who are having difficulty functioning in their community. The program provides intensive individual, family and group therapies on an ambulatory basis while maintaining clients within their home and community. The program focuses on symptom reduction and preventing a decline in functioning, as well as eliminating the need for more restrictive treatment (such as residential, inpatient or partial hospitalization). The program is also a step-down service following an individual's discharge from hospitalization, partial hospitalization or residential care. The program focuses on helping clients achieve a feeling of safety, which will empower them to develop dignity and build character and promote transformation of dysfunctional behaviors into skills for positive daily functioning.

Population Served
Intensive Outpatient serves males and females ages 5 to 18 years who have a mental health diagnosis. Clients admitted to the program suffer from a moderate mental/emotional disturbance that impairs their ability for everyday social, vocational and educational functioning. Clients have some level of independent functioning outside the treatment setting but are in need of guidance to apply the necessary skills to maintain or improve daily functioning.

Services
Clients are expected to participate in individual, group and family therapy as part of their treatment. Other services include, but are not limited to, the following:
- Psychoeducational groups
- Psychiatric medication consultation and/or medication management
- Case management.

Treatment Team
Individualized treatment plans are developed for each client by an interdisciplinary treatment team. The client, family members and referral source assist in developing the plan. Teams may also include:
- Board certified psychiatrists
- Licensed social workers/therapists
- Mental health workers
- Mental health professionals.

Staff-to-Client Ratio: 1:4

Treatment Locations
1650 Broadway
Bethlehem, PA 18015
610-799-8119

4497-A Route 611
Stroudsburg, PA 18360
570-424-7644

Hours of Operation
Three-hour sessions are offered a maximum of five days per week during school throughout the school year and during the summer months.

For additional information or admission, please contact one of the officies above.

www.kidspeace.org

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