

# **Staunton Clinic Adult IOP**

# IOP Program Overview

- The Intensive Outpatient Program (IOP) is a higher level of care designed to assist clients with learning an increased amount of coping skills in a shorter period of time to manage symptoms of mental health disorders.
- IOP lasts an average of 8 weeks, dependent on individual client needs.

# Skills/Material focused on in IOP

- IOP is based on an 8-week curriculum that rotates continuously, allowing clients to start and complete IOP at any point in the curriculum.
- Topics covered include:
  - Change
  - Goal Setting
  - Values
  - Thinking Patterns
  - Communication
  - Mindfulness
  - Emotions
  - Anger
  - Self-Esteem
  - Healthy Relationships
  - Stress Management
  - Anxiety Management

# Program Requirements

- Group therapy occurs three days per week, for three hours per day
  - Clients are required to attend at least a biweekly individual session
  - Clients are required to attend medication management appointments as scheduled
- \* Individual therapy and medication management must occur through Staunton for the duration of IOP admission

# Referral Information

Referrals can be made through the following options:

- Contact our Centralized Intake Department to request a referral form – 412-749-7341
- Visit our website for the referral form:  
<https://www.heritagevalley.org/services/behavioral-health/>

\*Most insurances accepted!

# Contact Information

**For any questions regarding the Staunton Clinic Adult IOP, please contact:**

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