

Intensive Outpatient Program

A Psychiatry Service Program



MISSION STATEMENT

The Intensive Outpatient Program is a comprehensive program that provides psychiatric treatment and services that support patient behavioral change within the context of interpersonal exploration.

The Program focus is on addressing patient needs in the areas of life management, self-understanding, interpersonal relationships and attainment of personal satisfaction and meaning. A desired outcome for the program is to sustain the patient's maintenance in the community while reducing multiple psychiatric hospitalizations and emergency room presentations.

WELCOME

-TO-

BEN TAUB MENTAL HEALTH SERVICES INTENSIVE OUTPATIENT PROGRAM

We, the staff of the Intensive Outpatient Program (IOP), want to help you feel comfortable in your new environment. Learning the policies, rules and regulations of the program will help you benefit from the treatment and services the program has to offer you.

The IOP provides mental health services to male and female patients. The staff is made up of a professional “treatment team” of psychiatrists, psychiatry residents, psychologists, psychology interns, nurses, occupational therapists, licensed chemical dependency counselor, and administrative personnel. The treatment team will assist you in setting treatment goals.

We expect you to take an active part in your treatment and make use of the therapeutic, supportive and educational services the program provides. You are responsible for knowing the goals for your treatment plan, following treatment recommendations, taking prescribed medication and interacting constructively with staff and other patients. We will support your strengths and capacity for health and growth. Together we will work to increase your sense of well-being and eventual independent functioning in the community.

Our Staff

Outpatient Psychiatry Clinic	(713) 873-5130
Ye Beverly Du, M.D. - Medical Director	(713) 873-4942
Jeannine Tamez, Ph.D., - Program Director	(713) 873-5141
Darryl Bailey LCDC- Chemical Dependency Counselor	(713) 873-4933
Michelle Phillips, O.T.R. – Occupational Therapist	(713) 873-2909

Our Physicians

The Doctors who staff the Hospital District's clinics and hospitals come from one of the finest medical schools in the country - Baylor College of Medicine, located in the Texas Medical Center. The Hospital District's facilities are primary teaching locations for the Baylor College of Medicine. The Faculty and resident physicians who practice at teaching hospitals offer their patients the very latest in medical knowledge.

We are a training clinic and as such, our psychiatry resident and psychology intern will spend six months forming part of the IOP treatment team and will rotate on July 1st or January 1st.

IOP Rules and Regulations

Entering IOP

- I will discuss my treatment goals with my primary physician and clinician. Together with my treatment team, we will work out a plan to reach my goals. I will follow this treatment plan, which sets out how I wish to personally change my life and myself.

Organizing My Time

- I will arrive before 8:30am and stay until the program ends each day. At the beginning of each session, I will be in the appropriate room for the start of the assigned activity or group.
- I will use my breaks to take bathroom breaks and snack time.
- I will plan ahead for time off. I will discuss plans and request time off in-group.
- In the event I will not be able to attend IOP, I will call my individual therapist to inform them of my absence from the program.
- If I must leave before the end of the treatment day, I will discuss the need with the treatment team.

Leaving the Program

- Examples of behavior that would impede reaching my goals are:
 - Frequent absences without prearrangement or phoning in
 - Consistent tardiness or absence from scheduled activities or groups
 - Testing positive for drugs or alcohol
 - Not following my treatment plan
 - Behaviors that are inconsistent with the intensive outpatient program.

IOP Treatment Milestones

Staffing date (5 weeks from start date): Meet with treatment team after community meeting to discuss your progress in the program as well as how we can best support you during your time in IOP.

Graduation Project (9 weeks from start date): Prepare a personal reflection for presentation during community meeting at the end of your treatment program.

- This project may be accomplished in various formats:
 - Written format
 - Art format
 - Oral presentation

Your assigned therapist will regularly check your progress on this project.

Graduation (10 weeks from start date): Celebration of your treatment progress and completion of the program.

IOP Treatment

You are expected to be involved in all of the following scheduled activities:

GOALS GROUP is held 1 day per week. This group provides a focus on establishing-monitoring-achieving realistic ‘here and now’ goals related to treatment & self. (L.C.D.C.)

INTERPERSONAL GROUP is held 2 days a week. This group provides a focus on improving interpersonal relationships, communication skills and one's self-concept. The emphasis is on specific here and now problems that the patient may be experiencing. (Psychiatry & Psychology)

SKILLS TRAINING GROUP is held 2 days a week. This group teaches you various skills, such as mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness, to help reduce suffering and create a life worth living. (Psychiatry & Psychology)

PROBLEM BEHAVIOURS GROUP is held 1 day a week. This group provides a focus on current, recent, and past substance abuse problems and the special recovery needs and recovery options of the dually diagnosed patient. Participants are also encouraged to seek further support from the many and diverse self-help groups in the area. (L.C.D.C.)

COMMUNITY GROUP is held 1 day a week. This is a patient and staff interactive group providing a focused discussion about the treatment program and clinical concerns.

PROCESS GROUP is held 1 day a week. This group provides a focus on self-issues that arise (while participating in the I.O.P.), and resolution of those issues. (L.C.D.C.)

OCCUPATIONAL THERAPY GROUP is held 1 day a week. This group provides a focus on assisting patients with exploring vocational pursuits as well as other meaningful activities such as volunteering in the community. A series of self-improvement group modules (managing stress, balancing work and home life, conflict resolution, practical ways to improve self-esteem and self-care/grooming and hygiene) will be introduced. (O.T.)

LEISURE/ WEEKEND PLANNING GROUP is held 1 day a week. This group will emphasize the important role leisure plays in helping to improve one's quality of life. Goals regarding hobbies, leisure pursuits will be supported and discussed. Leisure education will be provided. (O.T.)

INDIVIDUAL THERAPY is held once a week at 8:30AM on your assigned day. The focus of your individual therapy will coincide with your contract.

IOP Dual Diagnosis Component

Although patients are required to have been substance-free for 30 days prior to starting IOP and to maintain off substances for the duration of the program, the IOP provides ongoing support for patients interested in working on their substance use issues as part of their program. A Licensed Chemical Dependency Counselor (LCDC) provides assessments, individual interventions and recommendations for participation in community programs such as P-11 groups, Alcoholics Anonymous, Alanon, and Narcotics Anonymous. Groups that deal with Life Skills Development and Relapse Prevention, areas relevant to all program participants, are also available. An educational, supportive and process oriented model is used in facilitating these activities.

Additional IOP Rules, Regulations, Policies

SIGNING IN: When you arrive in the morning, you must check in with the cashier on the 2nd floor.

SNACKS & SOFT DRINKS: are available from the vending machines on the 1st floor, near the elevator. You may bring your own snacks – we do not have a refrigerator available for your use. If you are on a special diet, you are expected to take care of your own needs.

SMOKING: The building is a smoke free building. If you have the need to smoke, you may smoke outside.

CONTRABAND: Possession or use of unprescribed or illegal drugs in the clinic or building is grounds for discharge. Possession of all weapons, concealed or otherwise, is forbidden on the premises.

ALCOHOL and ILLICIT DRUG consumption will not be tolerated and may lead to grounds for discharge. Urine screens for these substances are done on a random basis.

PERSONAL BELONGINGS: In order to prevent loss of your belongings, we strongly advise that you leave your valuables at home. BTMHS and staff will not be responsible for your lost or misplaced property.

MEDICATION: IOP participants are expected to take their prescription medication in the morning and throughout the day. You may bring your prescription medication with you; however, please do not take medication while in group. Make sure to inform the staff that medications are being brought into the treatment area.

CLINIC POLICY: IOP participants are expected to be courteous and respectful of each other and staff by maintaining good personal hygiene and refraining from physical or verbal abuse. Physical violence or verbal threats will be grounds for discharge. IOP participants must remain in the waiting area – please do not wander around or into the staff offices.