

## **Intensive Outpatient Program (IOP)**

*The Intensive Outpatient Program is a time-limited, intensive, group and individual therapy program for patients who acutely require a higher level of care than standard outpatient visits but do not require inpatient hospitalization. We use a Dialectical Behavioral Therapy framework but also provide additional supportive groups designed to rehabilitate patients for outpatient care.*

**Program hours:** Monday/Wednesday/Friday 8 a.m. to noon

**Program location:** 2<sup>nd</sup> Floor, Neuropsychiatric Clinic, Ben Taub Hospital

### **How to know if IOP is right for you?**

- Do you frequently have suicidal thoughts or harm yourself in non-suicidal ways?
- Have you tried already working with an outpatient doctor/therapist but find that it isn't enough to address your struggles?
- Were you recently discharged from an inpatient psychiatric hospital and feel you need more support transitioning back to your daily life?
- Were you recently discharged from an emergency room for suicidality but feel you need more support or therapy?

### **The IOP may NOT be the right place for you if:**

- You've used illicit drugs or alcohol over the past 30 days.
- You're currently having psychotic symptoms.
- You've been diagnosed with moderate-severe cognitive limitations or developmental delays.
- You're not ready or willing to give up self-harm behaviors.
- You're seriously contemplating suicide – if this is the case, please go to your nearest emergency room or call 911.
- You don't have reliable transportation to attend our program regularly.
- You're homeless or do not have stable housing.

### **How to apply/make a referral to the IOP:**

- Please call Ms. Karen Simpson at **713-873-5130** and request to apply to the IOP or an IOP referral form. If leaving a voicemail, please leave your name, phone number, and medical record number (if available) and we will return your phone call in a timely manner.
- We will contact you with more information after you have made your request or submitted your referral form.
- You may be scheduled for an intake, which occurs on Monday mornings at the next available staff opening.

Jeannine Tamez, Ph.D., Program Director

Ye Beverly Du, M.D., M.P.H., Medical Director