

Mental Health Intensive Outpatient Program

The Mental Health Intensive Outpatient Program (MH-IOP) is a hospital based outpatient program designed for adults 19 and older, who are stepping down either from an acute hospitalization or as a step up to a higher level of care from outpatient providers. Many patients who participate in the Intensive Outpatient Program (IOP) have been diagnosed with an anxiety disorder, a depressive disorder, or a bipolar disorder, though individuals who struggle with other mental health conditions (i.e. psychotic disorders) may be assisted by the IOP level of care as well.

The MH-IOP offers a well-coordinated program of care that provides intensive treatment directed by a psychiatrist in a structured setting. Our clinical approaches include treatment protocols in Cognitive Behavioral Therapy (CBT); Dialectical Behavioral Therapy (DBT); and mindfulness based-treatment plus education and medication management.

Criteria:

Participants must have a primary mental health diagnosis to qualify for the MH-IOP. If they have a primary substance use disorder diagnosis, our program would not be the best fit for them. If they have co-occurring diagnoses of a mental health and substance use disorder, then we will evaluate this on a case to case basis. In such situations, we often develop extra criteria for participants to attend MH-IOP (i.e. take Antabuse and/or attend AA/NA), so MH-IOP can be effective and beneficial for them. Participants must ultimately be able to maintain sobriety during the duration of MH-IOP to meet criteria and remain in the program.

Guidelines:

The MH-IOP is voluntarily program, inviting patients to attend with willingness to obtain recovery. As part of this, patients are asked to abide by some basic guidelines to assist in making the program effective for them. Some of these guidelines:

- Completing and following a safety plan (including decreasing risk factors by removing or securing firearms and excess medications in the home)
- Abstaining from drugs and alcohol during the duration of the program
- Taking medications as prescribed
- Committing to consistent attendance during the program.

Group therapy:

Groups are the fundamental mode of treatment in the MH-IOP which allows participants to share their concerns and insights, learn from the opinions and experiences of others, and practice healthy and productive interpersonal communication skills. Under the direction of an experienced professional, IOP group sessions are reflective psychodynamic experiences that are designed to assist patients with a greater understanding of their connection with and response to the illnesses that they have been experiencing.

Groups are organized around a particular topic. The following topics may be addressed during group therapy:

- Grief and loss
- Anger management
- Disease/disorder education
- Medication management / education
- Relationships
- Communication skills
- Stress management
- Healthy boundaries
- Guilt and shame

Behavioral Health Services
Porter Adventist Hospital



 Centura Health.

2465 South Downing Street, Suite #110 Denver, CO 80210
Ph: 303-778-5774 | Fax: 303-778-2436

Porterhospital.org/IOP

Medication management:

Participants in MH-IOP benefit from medications to alleviate or assist in the management of symptoms related to their mental health disorders. All participants will meet with the program psychiatrist or nurse practitioner within the first three (3) program days and then on a regular weekly basis.

Length of Stay:

The MH-IOP runs 6-8 weeks on a tapering schedule. The length of stay is based upon symptom severity and medical necessity. Although not required, we recommend that participants take the first two weeks off of work or school to integrate into MH-IOP. We are glad to assist with short-term disability and/or medical leave paperwork to assist participants in doing so.

Program Schedules:

Program hours are Monday through Friday from 9:00 a.m. to 12:00 p.m

- 9 a.m. Group Goals
- 10 a.m. DBT Skills Group
- 11 a.m. Coping Skills Group / CBT Group

The typical schedule is as follows:

- 2 weeks at 5 days a week
- 2 weeks at 4 days a week
- 2 weeks at 3 days a week
- Taper down can be down to 2 days a week prior to discharge with insurance approvals.

Insurance & Managed Care:

Porter Hospital is a network provider with most major insurance providers and managed care companies, including Medicare and some Medicaid policies.

Information:

For more information, Referral Forms, Participant Guides, or New Patient Paperwork please visit us at: www.porterhospital.org/iop or contact us at 303-778-5829.

Referrals:

Mental health providers are asked to complete a "Referral Form" available at porterhospital.org/iop and fax to 303-778-2436.

Please note candidates are required to complete a phone screening prior to an intake appointment.

External Self-Referrals:

All potential candidates, please call our main intake line at 303-778-5829 to complete a phone screening to determine if MH-IOP is appropriate. Please also have your outpatient mental health provider complete and fax a Referral Form available at porterhospital.org/iop.

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