

## Aurora Adolescent Outpatient Services

Aurora Behavioral Health System's Outpatient Services offers an Adolescent Intensive Outpatient Program, or IOP, designed to provide a concentrated, time-limited, comprehensive therapeutic environment for the treatment of mental health and substance abuse issues. The focus of our Adolescent IOP program is to provide an encouraging environment, promoting healthy choices and self-awareness that leads to positive behavioral and emotional changes.



### Who Is Appropriate for Treatment

The program is designed for individuals seeking tools and principles of recovery, whether as a step down from an inpatient setting, or simply someone needing treatment and support. It offers a much-needed intermediate level of care serving as a bridge between inpatient hospitalization and a traditional office outpatient setting. This service appeals to parents, patients, school counselors and other providers because of its ability to possibly prevent hospitalization as well as to supply a wide array of services in a relatively short period of time, offering the support patients need in order to successfully transition back to home and school.

### What To Expect



Our IOP treatment team develops a unique treatment plan specifically tailored to each patient affording everyone the opportunity to develop coping skills necessary to maintain recovery. Since we are hospital based, patients have access to a multidisciplinary team of experts that includes psychiatrists, psychologists, registered nurses, master's-leveled therapists and chemical dependency counselors. Patients and their families are also encouraged to consider themselves part of the "treatment team."

Each group meets three hours a day, three days a week, usually for an eight week period. However, the length of stay depends on a patient's unique treatment plan. And, a patient can enter the program at any time. We also ask that family members actively participate in their child's treatment by attending one session every other week.

### Treatment Focus:

- Mood Management
- Dealing with Anger Effectively
- Social Skills, Self Awareness and Self Esteem
- Healthy Communication and Boundaries
- Relationships and Support
- Grief, Loss, and Trauma Resolution
- Self Injurious Behaviors
- Chemical Dependency and Relapse Prevention
- Maintaining Recovery and Wellness
- Goal Setting and Life Skills

## Adolescent Intensive Outpatient Program Schedule

### EAST

#### Evening Group

- Monday, Tuesday and Thursday
- 5:00 p.m. – 8:00 p.m.
- Snacks and drinks provided.

### WEST

#### Evening Group

- Monday, Tuesday and Thursday or...
- Monday, Wednesday and Thursday
- 5:00 p.m. – 8:00 p.m.
- Snacks and drinks provided.

Please note that **group schedules are subject to change and additional times may be available.**  
Please call to verify the days and times.

The program typically runs eight weeks. However, **the time frame can vary depending on the patient's unique treatment plan.**



Family sessions occur 1 night/week, every other week.

Each group is comprised of 10 patients max, ages 13-17.

**Complimentary transportation** provided to the program.

Where healing starts and the road to recovery begins...

### Aurora East

6350 S. Maple Ave.  
Tempe, AZ 85283

### Aurora West

6015 W. Peoria Ave.  
Glendale, AZ 85302

24/7 Patient Services Helpline

480.345.5420

[www.auroraarizona.com](http://www.auroraarizona.com)

TeenLifeline.org

602.248.TEEN (8336)