



**WESTERN PSYCHIATRIC INSTITUTE
AND CLINIC OF UPMC**

Child/Adolescent Intensive Outpatient Program

Franklin Building
1011 Bingham St.
Pittsburgh, PA 15203

For information or to refer a child or an adolescent for services, please call the intake office at **412-235-5496** or **412-235-5497**.

upmc.com/westernpsychiatric

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**CHILD/ADOLESCENT
INTENSIVE OUTPATIENT
PROGRAM**

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of UPMC

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CHILD/ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

PROGRAM DESCRIPTION

The Child/Adolescent Intensive Outpatient Program (IOP) is a clinic-based mental health program designed to meet the unique mental health needs of the at-risk adolescent. The Child/Adolescent IOP provides a “step down” level of treatment for adolescents discharged from inpatient or acute partial hospitalization settings, or a “step up” level of treatment when traditional outpatient services are not effectively meeting the needs of the adolescent.

The Child/Adolescent IOP offers a level of intervention that is more structured in both the frequency and the variety of services offered than traditional outpatient treatment. The Child/Adolescent IOP provides a range of individualized treatment services to meet the needs of the adolescent and their family. This treatment setting allows adolescents to continue to attend their own schools during the day and return to their homes in the evening while still receiving a high level of treatment, structure, and support.

SERVICE MISSION

The goal of the Child/Adolescent IOP is to reduce psychiatric symptomatology and to improve the young person’s ability to function more successfully at home, at school, and in the community. The goal is to initiate change promptly, principally through symptom assessment and individualized planning, interventions, and skill development.

EVALUATION/ASSESSMENT

Designed to serve as a comprehensive treatment center, the Child/Adolescent IOP offers a range of services to adolescents and their families. Prior to admission, a comprehensive evaluation occurs targeting these areas: psychiatric issues, emotional and social adjustment, family functioning, and school performance. Treatment models at the Child/Adolescent IOP are designed to benefit most adolescents in need of acute behavioral health interventions and supports, but cannot meet the needs of all. Exclusion criteria include: primary diagnoses of oppositional defiant disorder, conduct disorder, intellectual disability, or substance abuse.

TREATMENT SERVICES

Following the evaluation, an individualized treatment plan is collaboratively developed with the adolescent and his or her family.

The treatment plan is designed to focus on the following areas: stabilization of the crisis leading to admission, medication evaluation and monitoring, developing individual and family problem-solving skills, identifying and changing negative behavior patterns through cognitive and dialectical behavior therapies (CBT/DBT), improving family and peer interactions, improving school performance, and preparation for transfer to outpatient treatment. The Child/Adolescent IOP provides school liaison services for adolescents during their treatment. The school liaison provides assistance with educational assessments, interventions, and disposition planning with schools, if indicated. The Child/Adolescent IOP offers the following treatment services: group, individual, family therapy, psycho-educational skill groups, medication management, and monitoring.

STAFFING

The Child/Adolescent IOP utilizes a multi-disciplinary team approach to treatment. The team includes a program manager, educational services coordinator, child psychiatrist, a clinical nurse specialist, psychiatric social workers, bachelor’s-level primary clinicians, and other master’s-level specialty therapists.

ELIGIBILITY

Adolescents ages 13 to 18 with a DSM-IV diagnosis and/or behavioral problems that interfere with their ability to function optimally in family, school, or community settings are eligible. Children ages 11 to 12 years will be considered on a case-by-case basis.

LOCATION/HOURS OF OPERATION

The Child/Adolescent IOP is located in the South Side neighborhood of Pittsburgh.

The Child/Adolescent IOP offers flexible hours for family therapy. Hours of operation:

During the school year

- Monday, Tuesday, Thursday, and Friday
- 3 to 6:30 p.m.

During the summer months

- Monday, Tuesday, Thursday, and Friday
- 11 a.m. to 2:30 p.m.

REFERRALS/INFORMATION

Referrals can be made by a variety of sources, including primary care providers, case managers, school personnel, and community agencies. For more information about the Child/Adolescent IOP or to refer a child or an adolescent for services, please call the intake office at **412-235-5496** or **412-235-5497**.