

# Intensive Outpatient Program



The intensive outpatient program (IOP) at Southern California Hospital at Van Nuys is a structured treatment program for adults who have psychiatric and/or dual diagnosis issues. The IOP may be part of the transition from inpatient treatment.

The hospital's outpatient program is designed to help patients live more independently and reduce the need for future hospitalization by offering a safe, structured environment that enables patients to return home at night and maintain important family and community relationships.

The IOP is centered on evidence-based core curriculum treatment planning tailored to the specific needs of each patient. Patients participate in individual case management, small group therapy, and educational and family sessions. The treatment team includes a psychiatrist, registered nurses, and therapists.

IOP is provided Mondays through Fridays for four hours a day with two options:

- Track 1: Monday-Friday from 9:30 a.m.-1:30 p.m.
- Track 2: Monday-Thursday from 1-4:30 p.m.

## IOP Program Benefits

- Comprehensive evaluation and treatment planning
- Free daily meals and transportation
- Medication management
- Individual and group therapy
- Educational groups for coping and life management skills
- Drug and alcohol counseling
- Stress management, anxiety management, cognitive and dialectical behavior therapies, and creative expression
- Symptom management

## Contact Us

Southern California Hospital at Van Nuys is located in the heart of San Fernando Valley. Using an integrated treatment approach our behavioral health network includes more than 160 beds in Van Nuys, Culver City and Bellflower, making us one of the largest mental health providers for adults in Southern California.

- For IOP information, call (818) 787-1511 ext. 132
- For 24-hour inpatient intake, call (800) 565-0558