

Intensive Outpatient Program for Transitional Aged Youth.

Pacific Behavioral Health provides an IOP program tailored to meet the needs of transitional aged youth. The program is designed to provide the youth with the skills, preparation, and resources to be able to reintegrate into the community, live independently, as well as guide them towards reaching their goals and encouraging them to be successful. The program offers youth support while they become stable in their independence. It is client centered; focusing on individual participant needs as well as offering added support and learning through the group dynamics. Participants will have the opportunity to connect with peers who can relate to and understand their concerns in a non-judgmental supportive environment. PBH provides services in Reno, Carson, and Rural Nevada. The IOP program is grant-funded, enabling clients who have no insurance to access services.

What We Do

- Develop and enhance independent, community living and socialization skills with the goal of improved functioning in work, home, and social relationships.
- Support personal and emotional adjustments and growth.
- Foster healthy coping skills to enhance quality of life.

Who is IOP for ?

- Ages 15 to 24 years.
- Individuals needing more intensive/structured support as a step down from inpatient or partial hospitalization or a step up from less intensive services.
- Individuals needing rehabilitation of social skills, communication skills, transitional living skills, self esteem and confidence, goal setting and self sufficiency, that interfere with the ability to function in daily life. These could be youth in the community, youth in the school district, or youth returning from out of state placements.

Length of Treatment

Treatment is provided 3 days per week, two hours per day, by licensed clinicians. Individual and Family therapy is provided in addition to this. Average length of time in treatment is 6 weeks. Individual assessment and treatment planning will be completed prior to joining the group. Treatment is tailored to meet the needs of individual clients. Not every client will need services 3 days a week, 2 hours per day. WIN (Wraparound In Nevada) services will be provided for clients who need them. Clients can access ongoing support after attending the IOP program. Services are provided to the clients where they are. IOP group services can be provided in the main PBH office locations, or the areas served if group size is met.

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