

Blue Ridge Center's Mental Health Intensive Outpatient Program

Information for Providers

The Mental Health Intensive Outpatient Program (MH IOP) is designed for individuals aged 18 and above who require a more supportive treatment approach to comprehend and navigate their mental health challenges. This program spans 12 weeks and offers a comprehensive curriculum grounded in evidence-based and integrative methodologies. Treatment goals include fostering understanding of mental illness, cultivating healthy coping mechanisms, promoting mindfulness, nurturing positive thought and behavior patterns, mastering emotion regulation, enhancing communication skills, establishing boundaries, improving interpersonal effectiveness, and bolstering distress tolerance skills.

The Mental Health Intensive Outpatient Program is designed to provide a comprehensive approach to mental health and personal growth through its three main components. First, we focus on skill restoration and development, helping individuals regain and enhance their coping abilities and everyday skills. The program also includes a clinical group, where participants engage in structured therapeutic sessions to address and manage their mental health challenges. In addition, a peer group is offered to facilitate mutual support and shared experiences among participants. For those enrolled in our program, we provide one session of individual therapy each week to offer personalized support and guidance throughout their journey.

The skill restoration and development component of our program focuses on enhancing essential life skills to support mental health and personal growth. Participants work on effective communication, managing emotions, and building self-worth, along with setting and maintaining healthy boundaries. The program also emphasizes developing healthy relationships, life management strategies, coping skills, and overall wellness and recovery. Tailored to the needs and interests of the group, additional topics may be introduced to address specific challenges and foster individual and collective growth.

Schedule:

Monday, Wednesday and Friday; 9:00am-12:00pm.

Makeup day: Tuesday and Thursday; 1:00-4:00pm

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Skill Restoration/Development		Skill Restoration/Development		Skill Restoration/Development
10:00 am	Mental Health Education and Support		Symptom Management		DBT
11:00 am	Peer Group		Peer Group		Peer Group

To be eligible for the MH IOP program, individuals must meet the following criteria:

- Must have Medicaid and be established with a medication provider (PCP, NP, or psychiatrist)
- Must exhibit symptoms consistent with a DSM diagnosis (using the most current version of the DSM), documented in an initial assessment, that requires and can reasonably be expected to respond to treatment interventions.
- Within the past 30 days, they should have experienced persistent or worsening symptoms related to their primary DSM disorder, which have led to decreased functioning in home, school, work, or community settings, causing difficulties in maintaining supportive relationships with family and peers.
- They should have tried interventions at lower levels of care or other community-based services that were unsuccessful.
- Must be at risk of needing inpatient hospitalization, residential treatment, crisis stabilization, or partial hospitalization due to acute intensification of symptoms, but do not require 24-hour treatment or medical supervision. Alternatively, they may be transitioning from such services and no longer require 24-hour treatment or supervision.
- Maintain a network of natural supports in the community to ensure their safety outside treatment hours, with a safety plan established.
- Must be able to reliably attend and actively participate in all phases of the treatment program.

- Demonstrate a willingness to engage in recovery within the structure of an ambulatory treatment program.

Exclusion Criteria: Individuals meeting any of the following are ineligible for MH-IOP:

- Functional impairment is solely a result of a personality disorder or Developmental Disability and/or Intellectual Disability
- The individual is at imminent risk to harming self or others, or sufficient impairment exists that a more intensive level of service is required;
- The individual's psychiatric disorder can be effectively treated or recovery process safely maintained at a less intensive level of care;
- The individual, their authorized representative, or their guardian does not voluntarily consent to admission or treatment, and/or refuses or is unable to participate in all aspects of treatment;
- The individual requires a level of structure and supervision beyond the scope of the program;
- The individual has medical conditions or impairments that needs immediate attention;
- The individual's primary problem is social, custodial, economic (i.e. housing, family conflict, etc.), or one of physical health without a concurrent major psychiatric disorder meeting criteria for this level of care, or admission is being used as an alternative to incarceration; and/or
- Presenting issues are primarily due to Substance Use Disorder; in this case, the individual should be evaluated for Addiction and Recovery Treatment Services.

Service Limitations:

- MH-IOP may not be authorized concurrently with:
- Addiction and Recovery Treatment Services at ASAM levels 2.1-4.0
- Opioid Based Outpatient Treatment Services
- Mental Health Partial Hospitalization Programs
- Psychosocial Rehabilitation
- Therapeutic Day Treatment
- Intensive In-Home Services
- Therapeutic Group Home
- Crisis Stabilization
- Assertive Community Treatment
- Psychiatric Residential Treatment or inpatient admission

Workflow:

- Consumer is referred to MH IOP, and accepted
- Consumer will meet with providers for a CNA and ISP
- Attend programming for 12 weeks
- 7 consecutive days of missed programming will result in discharge from program.
- Discharge upon completion of program