

Blue Ridge Center's Mental Health Intensive Outpatient Program

Welcome to the Mental Health Intensive Outpatient Program (MH IOP)! This program is for adults (18+) who need extra support to manage their mental health but don't need a full-time hospital stay. Our goal is to provide the care you need while letting you continue with your daily life. We understand that dealing with mental health challenges can be difficult, and we're here to help you through it.

The MH IOP is a step up from regular outpatient care. It offers structured therapy and a personalized approach to help you get back on track and feel better. Our program lasts 12 weeks and includes a mix of evidence-based therapies and practical skills to support your mental health. You'll work on understanding your mental health, learning healthy coping strategies, improving communication, and managing emotions.

In addition to group therapy sessions, which offer a chance to share experiences and support one another, you'll also have the opportunity to receive weekly individual therapy for personalized guidance. We focus on developing essential life skills, such as effective communication, managing emotions, setting healthy boundaries, and building self-worth.

We're here to support you every step of the way and help you thrive in your journey towards better mental health. Whether you're a participant, a family member, or a supporter, you're part of a caring community.

A Mental Health Intensive Outpatient Program allows for engagement in services for 9-19 hours per week. The schedule for the Blue Ridge Center's MH IOP is Monday, Wednesday and Friday beginning at 9:00am-12:00pm. The three-hour blocks are broken down into one-hour groups (as seen below). We are understanding that life happens, and you may miss a scheduled MH IOP day. Therefore, we offer makeup days on Thursdays 1-4pm.

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

What to expect:

First, you will meet with a clinician to complete a Comprehensive Needs Assessment (CNA). This assessment is essential in getting to know you, your needs and your goals. Secondly, you will meet with a psychiatric provider for an evaluation of medication management. If you have an outside psychiatric provider, the MH IOP psychiatric provider will coordinate care and services with your provider. Thirdly, you will meet with a provider to complete an Individualized Service Plan (ISP) which include your needs and goals. The ISP will be utilized throughout the duration of your treatment and engagement in the MH IOP. This plan will be reviewed with you at a minimum of every 30 calendar days or more frequently if needed to ensure that you are on track with your goals.

Every Monday, Wednesday and Friday you will participate in a group focused on Skill Restoration and Development beginning at 9am. You will have a short break and then attend a Clinical Group beginning at 10am which will be followed by another quick break and transition into a Peer Facilitated Group beginning at 11am. If you are interested in receiving individual therapy, you will be offered one session per week.

Your Team:

Your team will include a Clinical Director who is a Licensed Professional Counselor (LPC), a provider for psychiatric medication management, a Licensed Mental Health Professional Resident or Supervisee (LMHP-R or LMHP-S), a Qualified Mental Health Professional for Adults (QMHP-A), and a Peer Recovery Specialist (PRS).

Clinical Director: Christina Percival, LPC

Program Manager: Lauren Little, LMHP-S

Qualified Mental Health Professional-A: James White/ Steven Le

Peer: Brooke Whorley/ Rose Hotchkiss

Individual Therapist: Marie Poole

Confidentiality and Privacy

All information shared within the program is confidential and will not be disclosed without the participant's consent, except in cases of risk to self or others as per legal requirements.

Group participants are expected to respect the confidentiality of their peers by not sharing any personal information outside of the sessions.