ROWI® TEEN



Our Intensive Outpatient Program (IOP) is designed to treat teens who need more than once weekly therapy, or who aren't seeing progress in individual therapy, but do not reach the level of needing ROWI's PHP program or a higher level of mental healthcare. Treatment includes:

- Individual therapy
- Family therapy
- Evidence-based therapeutic groups designed for effectiveness and engagement including:
  - Cognitive Behavioral Therapy (CBT)
  - Dialectical Behavioral Therapy (DBT)
  - Holistic and recreational therapies
- Parent Coaching available
- UCLA PEERS® Social Skills Programming

AFTER SCHOOL: Intensive Outpatient Program (IOP)

3:30 - 6:30 p.m.
Monday through Thursday

3-4 days a week/3 hours of on-site clinical programming

Average length of participation is 30-45 treatment days

SAMPLE SCHEDULE:

Schedules and holistic therapy options vary by location.

ROWI®
TEEN & PARENT WELLNESS CENTERS

IOP

Times	Monday	Tuesday	Wednesday	Thursday
3:30-4:30	Process-Music Therapy	CBT-Positive Psychology	Therapeutic Horticulture	Breathworks
4:30-5:30	Process	PEERS	Process	Nutrition
5:30-6:30	Community Meeting	DBT	Physical Fitness	Coping Skills/ Weekend Planning

Most insurance accepted.



ROWITEEN.COM (800) 721-ROWI



In IOP, your teen will continue to have access to their own school and other activities while pursuing their therapeutic goals.

Comprehensive discharge planning begins from Day 1 so your child is supported and given every opportunity to thrive upon completion of the program.

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There are several reasons why IOP is better than only individual therapy:

1. Covered by insurance

We will help you figure it out. We work with most insurance companies. Call us so we can guide you through the process.

2. Greater frequency of therapy sessions

In ROWI's IOP program, your teen receives individual therapy, group therapy, and family therapy alongside holistic therapies and psychoeducation (including the renowned UCLA PEERS® Social Skills Program).

3. More comprehensive and structured approach

A team of mental health professionals, including therapists, holistic therapy practitioners and other specialists, are able to treat your teen, bringing a variety of perspectives and experience to the table.

4. Peer support and social connection

Adolescents often feel isolated and alone in their struggles. Connecting with other teens in the IOP program normalizes mental health challenges and fosters growth and recovery.

Groups offer a safe space for teens to practice and develop essential social skills while receiving feedback and perspectives from both their peers and a therapist.

