ROWI® TEEN



The Virtual Intensive Outpatient Program (VIOP) brings our high-quality care to you, wherever you are in California. We understand that in-person visits aren't always convenient, or preferred. That's why our Teen IOP level of care is also available virtually, ensuring that teens (ages 12-17) and families can receive the support they need from the comfort of their home. The program includes:

- Individual Therapy
- Family Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Group and Experiential Therapies, including mindfulness and art therapy
- UCLA PEERS® Program, a renowned social skills curriculum

SAMPLE SCHEDULE:

ROWI®
TEEN & PARENT WELLNESS CENTERS

VIRTUAL (IOP)

Times	Tuesday	Wednesday	Thursday
3:30-4:30	UCLA PEERS® Social Skills Training	Non-Violent Communication	Weekend Planning/ Community
4:30-5:30	Art Therapy Group	Self-Esteem	CBT
5:30-6:30	DBT	Psychoeducation	Narrative Therapy

Most insurance accepted.

VIRTUAL Intensive Outpatient Program (VIOP)

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

3 days a week/3 hours of virtual clinical programming

Average length of participation is 30-45 treatment days



Family involvement is key to lasting change.

ROWITEEN.COM (800) 721-ROWI



In VIOP, your teen will receive top-tier care and peer connection with our highly-skilled therapists, trained to engage virtually.

Even online, we ensure every teen feels supported, understood, and connected, and that families are actively involved in their journey.

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The Benefits of Virtual IOP

Virtual IOP offers several unique benefits, especially for young people facing primary mental health challenges like anxiety, depression, or trauma. Here's why this format can be particularly effective:

1. Comfort and safety of home

Virtual therapy from home offers teens a stress-free environment, helping them open up and achieve better treatment outcomes.

2. Flexibility and Convenience

Virtual IOP fits therapy into busy schedules, eliminating travel time and logistical challenges for families.

3. Customized and Comprehensive Treatment

Just like our in-person programs, ROWI's Virtual IOP is designed to meet the unique needs of each participant. The program includes a range of therapeutic approaches and experiential therapies that support teens who need more than weekly therapy.

ROWI is committed to providing accessible, comprehensive care for teens and families, throughout California.

