

A History of Service

Wesley Family Services is a comprehensive human service agency that provides a wide variety of programs, services and activities for children, families, and adults living in the Western Pennsylvania region. We are committed to our mission...

To empower children, adults, and families by providing transformational care.

Our services are developed in accordance with national service organizations, the Alliance for Strong Families and Communities, and the National Council for Community Behavioral Health and are accredited by the Council on Accreditation of Services for Families and Children. Certification by the Council on Accreditation means that Wesley Family Services meets the highest national standards for professional performance in human services.

Personnel policies, procedures, and practices are designed and implemented to prohibit discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age, sex, or sexual orientation.



**Intensive Outpatient
Therapy**



**Empowering People.
Strengthening Communities.
Transforming the Future.**

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.



**For more information about
Intensive Outpatient Therapy,
please call:**

412-342-2270

www.wfspa.org



An intensive treatment program designed to provide stabilization and symptom reduction, or as a transition from inpatient to outpatient care.



Treatment Philosophy

The Intensive Outpatient Program (IOP) is driven by the values of respecting the rights, dignity and diversity of every individual. We believe in the capacity of each individual to achieve their greatest level of functioning in directing their own life. This is achieved through a partnership with:

- you
- your family
- social and community resources
- and the promotion of personal growth by focusing on your strengths.

The IOP was developed with the belief that individuals in need of treatment do not all require inpatient hospitalization. Treatment is goal-focused, time-limited, intensive, and specifically uses evidence-based therapy.

This service offers you the opportunity to receive intensive treatment without the restrictions of a locked, inpatient psychiatric unit. By attending the program during the day you are able to remain in your home, in the community, and to maintain your independence.

Entrance Requirements

The program is for adults (age 18 and older) who:

- are having severe episode of a psychotic, or mood disorder, or who would face the real risk of inpatient hospitalization if without intensive treatment.
- have Borderline Personality Disorders or other personality disorders
- have substance abuse (dual diagnosis) issues with substantiated clean time as long as the primary diagnosis is a mood, anxiety, or psychotic disorder.

The program supervisor must approve eligibility prior to the program with access to the program available to individuals within a couple of days of referral.

The supervisor of the program, in conjunction with a physician, will determine via assessment and/or clinical review of an individual whether or not he/she is appropriate for this level of care. Those who are found to be inappropriate will be referred to a more appropriate treatment setting.

Levels of Care

- Three days per week
- Doctor visit every other week
- Group therapy treatment
- Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, and trauma therapy via group therapy

Treatment Options

- Psychiatric Evaluation or a Psychiatric Evaluation update if you are discharged from inpatient hospitalization to this program
- Assessment
- Group therapy
- Psycho-educational groups

Discharge planning is an integral part of the treatment program, and you are referred for less intensive levels of treatment prior to discharge.

Reasons for Discharge

Those who complete treatment goals, or who are able to complete treatment goals at a less intense level of treatment will be discharged with aftercare plans in place.

Those who exit on their own prior to the agreement of the treatment team will be discharged against medical advice as documented by the physician.

Referral Process

Referrals are made by calling

Central Access

310 Central City Plaza
New Kensington, PA
Ph: 412.342.2270.

