

# Intensive Outpatient Program (IOP)

The New Foundation (TNF) addresses complex behavioral health concerns providing a nurturing environment for youth and families to heal and grow. Youth can build on their individual strengths to create a new foundation for living. Services are individually tailored for youth and their families - designed to teach skills for managing mental and emotional health. With a unique positive approach, our program seeks to guide youth in identifying, acknowledging and learning different ways to meet behavioral and psychological challenges interfering with daily life and causing significant conflict.

## Program details include:

**Primary or Step Down:** Therapeutic Intervention

**Weekly Services:** 1 hour - Individual Session; 1 hour - Family Session; and up to 5 hours of Clinical Group each week

**Youth Attend:** 3 to 5 days weekly // 4 hours daily

**Hours:** 3:00 p.m. to 7:00 p.m. Monday-Friday

**Summer Hours:** 11:00 a.m. to 3:00 p.m. Monday-Friday

**Weekly Parenting Workshops:** Monday Nights 6:00 p.m. to 8:00 p.m.  
Giving support and tools for families and caregivers

**Individual Treatment Plans:** Each youth has their plan uniquely prepared by clinical staff to best fit their needs. Length of stay is based on progress made towards goals established on treatment plan.

**Conditions & Symptoms Addressed:** Mood disorders, depression, anxiety, substance abuse and dependence, self-destructive behaviors, defiant behaviors, family conflict, poor social skills, trauma/PTSD, early psychosis, other psychiatric disorders and behavioral issues

**Evidence-based Treatment Modalities:** Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy Skills Group (DBT), Motivational Interviewing, Forward Thinking Interactive Journaling, Trauma Informed Care Approach



## Substance Abuse IOP

### What We Offer:

- Comprehensive Behavioral Health and Substance Abuse Assessment
- Individualized Treatment Planning
- Attend AA/NA Meetings
- Group, Individual and Family Therapy with Master Level and/or Licensed Therapist
- Parent Education Group
- Substance Abuse Education
- Snacks and Meals Provided
- Relapse Prevention and Aftercare Transition

## Mental Health IOP

### What We Offer:

- Comprehensive Assessment
- Individualized Treatment Planning
- Group, Individual and Family Therapy with Master Level and/or Licensed Therapist
- Parent Education Group
- Snacks and meals provided
- Mental Health Education
- CBT treatment approach
- Strength-based programming

Contact our Admissions Department - [admissions@thenewfoundation.org](mailto:admissions@thenewfoundation.org) or 480-945-3302 ext. 125