



What to Expect Day 1 of Intensive Outpatient Program (IOP)

We want to make you feel comfortable and safe so you can get the most out of your program. Here's what to expect on Day 1 of Foresight's Intensive Outpatient Program (IOP).

Please arrive 30-minutes before the program starts to check-in.

Check-In

Foresight's Practice Coordinator (PC) will:

- Greet you and check you in.
- Review documents to make sure they are complete. If any of your documents were not signed or completed, the PC will provide the documents you need to complete.
- Provide a tour of the office, including bathrooms and where to get water and snacks.

Scheduled Initial Assessments

These 1:1 assessments will take approximately 60 minutes. They allow further evaluation and discussion of PHP treatment goals. For minors, the caregiver/guardian will be included in the assessments.

- **Therapist:** The group Therapist will connect with a member to schedule an initial session to review the program, identify goals of treatment, and discuss individual needs.
- **Psychiatry Provider:** The PC will schedule an initial medication assessment with one of the Psychiatry Providers to obtain medication history, discuss medication options, identify treatment goals, and discuss individual needs.

Group Therapy

Group Therapy will be led by a licensed Therapist who is part of your treatment team.

During the first day, the Therapist will review the following with the group:

- Review Group guidelines.
- Provide an overview of the day-to-day schedule.
- Invite group members to ask questions and share thoughts about being a part of the program.

Sample Schedule	Tuesday	Wednesday	Thursday
10:00-11:00a	Process Group	Process Group	Process Group
11:00-12:00p	Education Group	Education Group	Education Group
12:00p-1:00p	Wrap-Up Group	Wrap-Up Group	Wrap-Up Group

Types of Groups

Process Group

- Process Group starts with members sharing a feeling word for the day and can request time to talk in group about a specific topic or issue.
- Group members are welcome to invite feedback and input from others to gain various points of view, which can lessen feelings of isolation in dealing with stressors.
- The group Therapist may bring a topic to the Process Group to help guide conversation and exploration.
- Please know, there is no pressure or requirement to open and share during the Process Group. It is normal for people to take time to become comfortable sharing in a group.

Education Groups

- Education Groups focus on following a set curriculum that covers many topics, including Mindfulness, Cognitive Behavioral Therapy, Communication, and Boundaries.
- These groups assist in instilling and practicing tools in real time in a non-judgmental, safe environment.
- Group members are encouraged to ask questions and take notes.
- The education is intended to be adaptable and meet each person's individual needs.

Wrap-Up Group

- During Wrap-Up Group, the Therapist will provide an overview of what was covered during the day.
- Wrap-up provides a space for members to reflect on what they have processed and learned that day.
- Members will identify one tool they plan to implement and how this will benefit their overall therapy goals.
- Members will provide a check-out feeling, then be dismissed.