



Helping Others Soar

Are you struggling with depression, anxiety, trauma, substance use, or other mental health issues?

Do you need to get help while also maintaining your daily responsibilities?

VICTOR'S INTENSIVE OUTPATIENT PROGRAM MIGHT BE JUST WHAT YOU NEED.

Sometimes you face pain and challenges that require extra focus and attention. If you are wrestling with mental health challenges while trying to keep up with your daily life, Victor's Intensive Outpatient Program (IOP) may be just what you need.

Victor's IOP is designed exclusively for teens and young adults struggling with daily mental health challenges.



CONTACT

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Intensive Outpatient Program (IOP)

Victor's Intensive Outpatient Program (IOP) is a flexible treatment program that allows you to work, go to school, or care for children during the day and get to sleep at home at night. IOP is more intensive than traditional weekly therapy, and involves 3 hours a day, three days a week. Our current cohorts meet on Tuesday, Wednesday and Thursday of each week.

The IOP approach empowers you to take ownership of your healing and find the help and hope you need to move forward. Victor's IOP is ideal for you if you are:

- Hoping to remain enrolled in classes as a student
- Dealing with significant responsibilities as a parent or caregiver
- Unable to take time off work for treatment
- Have time constraints/other obstacles
- Looking for more support to help you achieve your goals
- Struggling to make progress with traditional therapy
- Feeling isolated in your healing journey
- Ready to create positive, lasting changes

Victor is currently offering 2 cohorts, one for ages 13-18 and one for ages 19-26. Our in person services are available in Barstow, CA.

WE OFFER HELP IN THESE AREAS

- Anxiety
- Depression
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Disorder
- Co-Occurring with Substance Abuse
- Other Mood & Anxiety Disorders

HOW SUCCESSFUL ARE IOPs?

The success of an IOP largely depends on the individual's commitment to the program and the support system available to the member. Research shows that IOPs can be highly effective, especially when they are part of a continuum of care that includes ongoing outpatient therapy, and aftercare planning. Success is measured by the patient's improved mental health, quality of life and reintegration into daily life.