



GHC Foundations Intensive Outpatient Program (IOP) provides effective evidence-based treatment to adults experiencing behavioral health symptoms and to support their ability to maintain safety and enjoy life.

The program meets the needs of participants who are:

- Transitioning from a higher level of care (residential, inpatient, partial hospital program);
- Transitioning to a higher level of care (if weekly therapy and medication management have not been working); or
- Experiencing an abrupt onset of symptoms requiring more intensive care.

GHC Foundations IOP staff are equipped to work with participants who want to function better, find more meaning, and feel better about themselves.

- Nurses
- Occupational Therapists (OT)
- Physical Therapists (PT)
- Psychiatrists
- Behavioral Health Therapists
- Transition Coordinator



**GHC-SCW Sauk Trails Clinic
Second Floor**

8202 Excelsior Drive
Madison, WI 53717
(608) 441-3290



Monday through Friday

**Morning Programming
(Virtual Only)**

Day of Admission Intake:
8:00 – 9:00 a.m.

Daily Program Hours:
9:00 a.m. – 12:00 p.m.

**Afternoon Programming
(In-Person Only)**

Day of Admission Intake:
12:00 – 1:30 p.m.

Daily Program Hours:
1:30 – 4:30 p.m.

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The program consists of 15 hours of robust therapy per week.

Participants will first meet with a Behavioral Health Nurse and Psychiatrist. They will provide a full assessment and a personalized treatment plan. Evaluations of this plan will continue throughout treatment.

Psychiatry will meet with each participant at intake and as needed. This lets them help manage medication better. They'll also provide ongoing recommendations for transitional care plans.

Participants will attend group Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT). During these groups, we'll work on learning new strategies and applying them. The team will create a secure and supportive environment for participants to learn. CBT for insomnia is provided once a week.

Individual therapy one hour per week to allow the participant to work on personal treatment and goals.

Participants will meet with the Transition Coordinator. They'll work on the transition of treatment and goals after the program is over. The Transition Coordinator will help schedule appointments for follow-up care, find community support and other resources for after the program.

Participants will attend group PT and OT sessions. They'll work on skill building, goal-setting and maintaining activities of daily life. They can also help with participants' coping and self-regulation skills.

Group psychoeducation will focus on topics important to the group to support recovery. Topics could be medications and side effects, sleep, hygiene, self-care and nutrition.

Safety planning will occur throughout. This will help participants' ability to remain in less restrictive care beyond the program.



GHC Foundations IOP accepts participants from referring providers (Primary Care Providers, Therapists and Psychiatrists.) If you want to become a participant, please ask your Provider to submit a referral form on our website at:

ghcscw.com/get-care/specialty-care/behavioral-health/ghc-foundations-iop/

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Group Health Cooperative of South Central Wisconsin (GHC-SCW)
MK21-116-4(5.24)FL

 **Group Health
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of South Central Wisconsin

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