

# SMOKEY POINT BEHAVIORAL HOSPITAL

## ADULT

INTENSIVE OUTPATIENT PROGRAM

### COMPUTER



### SMARTPHONE



### TABLET



VIRTUAL RECOVERY FROM THE COMFORT OF HOME

USE ANY DEVICE WITH AN INTERNET CONNECTION AND CAMERA

[smokeypointbehavioralhospital.com](https://smokeypointbehavioralhospital.com)

Smokey Point Behavioral Hospital's Intensive Outpatient Program (IOP) is part of the continuum of care offered for adults and can be used as a step-down from inpatient care.

There are three program choices: Women's Only, Military and General Adult.

**For Individuals Experiencing:**

- Anxiety
- Depression
- Bipolar disorder
- Mood disorder
- Post-traumatic stress disorder (PTSD)

**Teaches Skills Based on the Four-Core Components of Dialectical Behavior Therapy (DBT):**

- Distress tolerance
- Mindfulness
- Emotion regulation, and
- Interpersonal effectiveness

**Program Components:**

- Group therapy.
- Weekly meetings with a psychiatric provider to include medication management.
- Patient-centered treatment planning with a multi-disciplinary team of psychiatric professionals.

The Intensive Outpatient Program aims to strengthen emotional and social functioning while providing the tools to return to healthy daily activities.

**Program Schedule (6 weeks):**

- For the first 2 weeks, the program is held Monday through Friday for 3 hours/day.
- Then, for the last 4 weeks, the patient steps down to 3 days/week for 3 hours/day. The days of the week are the choice of the patient.
- For specific dates and times, please contact the phone number below.

Coverage may depend on your health plan benefits. Once benefits have been verified, an outpatient representative will contact the patient about next steps.



To learn more about our IOP programs,  
call **360.651.6400 ext. 6367.**

*We are a smoke free facility.*