

# The Village's Intensive Outpatient Program

## IOP Basics

- Four days a week, three hours a day
- Meets at The Village Family Service Center, 1201 25<sup>th</sup> St. S., Fargo
- For adults with mental health needs
- Facilitated by licensed, experienced behavior health professionals
- Ongoing assessment
- Medication management by a Clinical Nurse Specialist (Psychiatric)
- Multi-disciplinary programming
- Client able to return to own mental health professional upon discharge
- Most insurances accepted, and payment plans available

## How to Enroll

You can enroll yourself in the program, or ask your medical professional, counselor or pastor for a referral. If you have any questions, or would like an IOP assessment, call 701.451.4900.



**Help.  
Guidance.  
Hope.**



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# Help. Guidance. Hope.

That's what The Village's Intensive Outpatient Program (IOP) offers those with mental health challenges. This new program fits in a patient's daily life and meets their needs, whether that means a little bit more care, or a little bit less.

## What is IOP like?

IOP is a confidential program during which clients receive education and support, develop coping skills, and problem solve life's ongoing stress and challenges in a group setting. Education covers areas specific to client diagnosis and needs, such as wellness, medication management, self-care, relationships, communication, mindfulness, and safety planning. In addition to supporting our clients, we are available to educate and support their family and friends, as the client needs or wants.



## Who is IOP for?

IOP can be the transition down from partial hospitalization, inpatient hospitalization, or chemical dependency treatment. It can also provide support when life gets overwhelming and individual counseling isn't enough. You don't need a referral to enroll in IOP.

## When is IOP?

IOP is offered for three hours a day, four days a week.

## Where is IOP?

The Village Family Service Center, 1201 25th St. S., Fargo. We're just north of the intersection of 13th Avenue South and 25th Street.

## Why IOP?

IOP can help prevent a need for higher levels of care. It can be temporary support for challenging times. IOP can support the newly diagnosed in accepting their mental health circumstances through education and support.

## What comes after IOP?

Clients will be included in their treatment and discharge planning, and will discharge from IOP when they have made progress towards their goals. Clients will be referred back to their individual counselors upon discharge from the program, or we can help them find a counselor. If IOP is not meeting a client's needs, we will assist them in locating appropriate services.

## Our Providers

IOP is a group counseling experience led by licensed counselors, and supported by a Clinical Nurse Specialist (Psychiatric). Ongoing assessment and medication management will be provided as needed.

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