

Vanderbilt Young Adult Intensive Outpatient Program

Ages 18-26



VANDERBILT YOUNG ADULT INTENSIVE OUTPATIENT PROGRAM (IOP)

Designed to help young adults struggling with mental health concerns better manage their symptoms so they can function more effectively at home, school, work and in their community.

We use evidence-based treatments personalized to each client's needs and symptoms, which may include:

- Anger or irritability
- Inability to regulate emotions
- Interpersonal conflicts
- Isolation
- Mood-related sleep disturbances
- Recurring suicidal thoughts

We provide a safe environment where clients can:

- Develop healthy self-care and sleep hygiene
- Experience optimism and hope
- Explore and shift negative core beliefs/thinking patterns
- Find support and encouragement
- Gain insight into unhealthy relationship patterns
- Learn adaptive coping skills like mindfulness, emotion regulation and distress tolerance
- Learn to focus on self and others

We empower our young adult clients to:

- Advance their independence
- Discover how they fit into society
- Learn necessary life skills

At a glance:

- Program hours allow clients to continue their regular work and school schedule
 - Monday, Wednesday and Thursday
 - Hours: 5:30 p.m. – 9 p.m.
- Clients participate in structured groups led by a licensed social worker and a registered nurse:
 - Process-oriented psychotherapy
 - Experiential skills training
 - Weekly family group session
- Additional touchpoints:
 - Each client will meet with a psychiatrist and social worker to discuss short-term and long-term goals and to create an individualized plan of care
 - We coordinate with outpatient therapists and/or medication providers to ensure continuity in each client's care after discharge

Vanderbilt Psychiatric Hospital

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