



## Healthy Options for Psychiatric Emergencies Intensive Outpatient Program

**United Counseling Service (UCS)** Division of Children, Youth and Family Services (CYFS) provides home and community-based services for children, adolescents, and young adults.

**The Youth and Adolescent Intensive Outpatient Program (IOP)** offers structured group treatment for severe mental health concerns for children ages 6–13. A healthy option for psychiatric emergencies, the program provides an intensive treatment model offering a community based alternative to higher levels of care. Those served are primarily struggling with moderate to severe mental health issues such as anxiety, depression or other mood or behavioral disorders.

**IOP provides a structured program to help children manage their mental health challenges** while allowing them to continue to live at home and attend school. An included family component is key to the success of IOP.

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### What services does IOP provide?

- Individual therapy
- Group therapy
- Family therapy/coaching groups
- Case management

**IOP typically lasts from 3–9 months** depending on needs of the child, and is open to UCS clients by referral from their provider.

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To learn more, call  
**802.442.5491**



United Counseling Service of Bennington County  
**Children, Youth and Family Services Division**  
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*Vermont Care Partners is a network of sixteen agencies that provide mental health, substance use disorder, and developmental disability services and supports in every community in Vermont. VCP health care agencies are reshaping the ways that Vermonters stay well. More information is available at **[vermontcarepartners.org](http://vermontcarepartners.org)***

**[ucsvt.org](http://ucsvt.org)**

