MultiCare

Behavioral Health

Adolescent Intensive Outpatient Program (IOP)

The MultiCare Adolescent IOP provides Dialectical Behavior Therapy (DBT) for youth aged 13-18 who are struggling with suicidal thoughts, depression, dysregulated emotions, and self-harm behaviors. The IOP is 9 hours per week for 12 weeks, meeting Mondays, Wednesdays, and Thursdays.

Services:

- Mental health evaluation by a board-certified child and adolescent psychiatrist, with the opportunity for medication management.
- Group and individual therapy. Group therapy focuses on emotional regulation, distress tolerance, interpersonal effectiveness, and core mindfulness.
- Individualized treatment plan to help youth reach their goals.
- Parent DBT Skills Group offered weekly.

Admission Criteria

- Depression, emotional liability, self-harm, suicidal thoughts.
- Adolescents must be voluntary.

Exclusion Criteria

- Active homicidal ideation, history of violence or police/legal involvement, substance use disorder or eating disorder as primary diagnosis, inability to participate in 9hrs of group therapy per week.

Located at:

9330 59th Ave SW
Lakewood, WA 98499

Want to make a referral?
Nicole Nichols, Social Worker
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62-2246-7 (2/25)