



## WEEKLY NEWSLETTER



### **What are different levels of care?**

Bryanna Gill, LCMHCA

In mental health, levels of care describe different programs accessible to individuals dealing with mental health struggles. Here are the following levels of care with brief descriptions:

#### **OUTPATIENT**

- \* Lowest level of care
- \* 1-2 hours of individual or group therapy a week or biweekly

#### **Intensive-outpatient program**

- \* 3-5 days a week
- \* Consists of group therapy, possibly family and individual therapy\*
- \* Usually 2-3 hours several times a week
- \* Program length can be several weeks

#### **Partial Hospitalization Program**

- \* Typically 5+ days a week
- \* All day treatment
- \* Group therapy, possibly individual and family therapy included
- \* Program length can be several weeks

### **Inpatient**

- \* Hospitalization for an acute mental health episode
- \* Length of stay can vary and averages 3-10 days
- \* Group therapy, family therapy and individual therapy depending on the program

### **Residential**

- \* Highest level of care
- \* Should be considered after trying other lower levels of care
- \* More long-term stay (30+ days)
- \* Group therapy, family therapy and individual therapy depending on the program

Changes in level of care happen when symptoms are continuing to impact the individual's functioning and further support is necessary to reduce these symptoms and the impact.

Krippa Family offers an intensive outpatient program for adolescents ages 11-18.

Adolescents attend 3-5 days a week depending on symptoms. The program includes 3 hours of group therapy and an additional 30 minute session a week for individual or family therapy. The program addresses depression, anxiety, self harm, suicidal thoughts and much more! Please call [919-893-9444](tel:919-893-9444) with any questions about our Intensive Outpatient Program!

## **GROUP THERAPY:**

- We are currently offering numerous Groups for children, teens, and adults, including:
- Intensive Outpatient Program (11-18)
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Social Club
- Parenting Teens Support Group
- College 101

**How To Get Started**

What does the program include?

- 3 hours of group therapy 3-5 days a week
- Psychiatric medication education
- Individual & family counseling

Call us today at: 1 (888) NCPSYCH (927-7924)



**CONTACT US**  
Krippa Family Psychological & Wellness Services  
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email: info@ncpsychologist.com  
website: ncpsychologist.com/teen-advocate



**Our Services**

**WHAT IS AN IOP?**  
An intensive outpatient program is a therapeutic treatment program for teens, typically 3-5 days a week.

**WHO IS THE PROGRAM FOR?**  
Conceptually, teens need services more than weekly individual and group therapy can provide without needing to be in residential treatment. It is best for teens as a middle ground for those needing more frequent therapy for clinical reasons. Each participant is assessed for residential treatment needs. Our teens commonly struggle with suicidal ideation, self-harm, anxiety, depression, high levels of stress, and other mental health challenges.

**WHAT TO EXPECT**  
There are group and individual groups a day. There are group and individual groups and individual therapy techniques, and medication therapy. Each participant is assessed for residential treatment needs. Each participant is assessed for residential treatment needs. Each participant is assessed for residential treatment needs.

**BENEFITS**

Our program supports teens who are struggling with their mental health. It provides a safe space for teens to express their feelings and receive support. It helps teens develop coping skills and build a support network. It provides a safe space for teens to express their feelings and receive support. It helps teens develop coping skills and build a support network.

**Our Mission:**  
Helping teens develop a life worth living.

**Hours offered & timeline**  
M-F 3:30-6:30  
M, W, F 10am-1pm

**Timeline Varies**  
3-5 days week  
8-12 weeks on average

Will vary in line with their needs, will be assessed by lead clinician

**IS IOP RIGHT FOR MY TEEN**

- Is your teen skipping school?
- Is your teen stepping down from a partial hospitalization or residential treatment program?
- Does your teen need more support than weekly outpatient therapy?
- Is your teen withdrawing from the family and activities they used to love?
- Is your teen engaging in risky behaviors?
- Does your teen struggle with self-harm?
- Is your teen having a hard time regulating their emotions?

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

**Krippa Family Psychological & Wellness Services**

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