



# ELEVATE

## FIRST EPISODE PSYCHOSIS INTENSIVE OUTPATIENT PROGRAM (IOP)

**Are you having difficulty with hallucinations, delusions, abnormal thinking or behavior? This may be a first episode of psychosis. We are here to help.**

Elevate is an intensive outpatient program for young adults experiencing, or who have recently experienced, a new episode of psychosis. The Elevate program is an evidence-based program to help patients gain the skills and education needed to reduce symptoms, reduce substance use, make healthy lifestyle choices, and manage stress. We strive to develop long-term, meaningful relationships with patients to provide support with individual goals, which often include returning to work or school.

### PROGRAM DETAILS

- This program meets four days a week
- The program spans 9-weeks and includes;
  - *Medication management with weekly meetings with our psychiatrist*
  - *Individual therapy sessions*
  - *Family psychoeducation*
  - *Meeting with a supported employment social worker*
  - *A weekly group for ongoing support after completion of ELEVATE*
  - *Ongoing support by our nurses who will assist with medication management questions*



**SUZANNE JASBERG, MD**  
*Adult Interventional Psychiatrist*  
*Director of the Center for Neurotherapeutics*

**Direct  
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