



**PrairieCare**

A Division of Newport Healthcare

# Youth Intensive Outpatient Program

The Youth Intensive Outpatient Program (YIOP) offers comprehensive services with a focus on skill building, symptom reduction, family engagement, and parent coaching. This intensive treatment option focuses on addressing maladaptive forms of coping through developing emotional awareness and increasing positive behaviors.

YIOP is a level of care for adolescents 12–18 who are struggling with symptoms of mental illness that interfere with their ability to function at home, at school, and in the community.

## Multidisciplinary Treatment Provided By:

- ✓ Psychiatrist and/or Advanced Practice Clinician
- ✓ Therapist
- ✓ Social Worker/Case Manager
- ✓ Psychiatric Technicians

## Hours + Operation

- ✓ Edina: Monday–Friday, 9:00 am–12:00 pm or 1:00–4:00 pm
- ✓ Brooklyn Park: Monday–Thursday, 3:30–6:30 pm
- ✓ Length: on average 6–8 weeks

## IOP Treatment Includes:

- ✓ Psychiatric care and medication management
- ✓ Group therapy
- ✓ Teen skill development
- ✓ Therapeutic and mindfulness groups
- ✓ Parent coaching and skills development groups
- ✓ Family therapy
- ✓ Individual therapy

## Locations

 4510 W 77th St.  
Edina, MN 55435

 5500 94th Ave N  
Brooklyn Park, MN 55443



**952-826-8475**



**prairie-care.com**