

## St. Peter's Intensive Outpatient

The purpose of the Intensive Outpatient Program (IOP) is to help individuals gain an understanding of their illness and symptoms by developing healthy and effective ways to manage life stressors. Through shared experiences of disclosing, talking, listening, supporting, and learning, individuals are able to process issues and learn to incorporate the life skills necessary to cope with and successfully navigate their psychiatric diagnosis and symptoms.

The Intensive Outpatient Program at St. Peter's Hospital is a structured trauma-informed group therapy program designed to provide short term assistance with individuals struggling with mental health issues. A trauma-informed approach to group therapy encompasses:

- Realizing the prevalence of trauma
- Recognizing how trauma affects all individuals
- Resisting re-traumatization
- Responding by educating and incorporating this information into practice

Individuals develop feelings of belonging and awareness of others, increase socialization skills, experience increased self-confidence, and provide opportunities for the exchange of ideas. The program provides unconditional support, positive guidance, and a commitment to care in an empathetic and caring environment.

### Program Content

Within the framework of trauma-informed care in the group setting, we address a variety of needs and conditions to effectively promote the healing process, such as

- Manage emotions such as anger, guilt, and shame
- Identify triggers
- Encourage healthy decision making
- Learn positive coping skills and stress management
- Reduce fear, anxiety and depression
- Express feelings and emotions
- Develop and practice communication and boundary setting skills

### Referrals

Referrals can be made by anyone: physicians, mental health professionals, clergy, residential care facilities, self, or family. If you would like more information or to make a referral, call 406-495-6868. Medicaid, Medicare, and some private insurance providers are accepted.

### Eligibility

We treat adults over the age of 18 with significant behavioral health difficulties such as Bipolar Disorder, Major Depression, Anxiety Disorders, Schizophrenia, Schizoaffective Disorder and other disorders. Participants eligible for IOP must be able to function in a group setting without disruptive behaviors.

Basic criteria for admission eligibility include:

- Patient requires this level of care to prevent need for treatment at a higher level of care.
- Treatment is required to control symptoms and/or restore adaptive level of functioning.
- Requires medication management and/or monitoring.
- Recent discharge from inpatient hospitalization or treatment setting.
- A reasonable expectation of improvement or a stabilization of behaviors exists.



**St. Peter's Hospital**

[www.stpetes.org](http://www.stpetes.org)

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