



Adolescent IOP

FOCUSED OUTPATIENT CARE

TrustPoint Hospital offers an intensive outpatient program (IOP) for adolescents ages 13–17 whose lives have been disrupted by mental health concerns such as an anxiety disorder, depression, oppositional defiant disorder, or an adjustment disorder. Each child follows a treatment plan that we personalize specifically for them after we carefully assess their medical history, presenting symptoms, and treatment goals. Our expert team ensures that every child receives focused, age-appropriate care that sets the groundwork for lasting healing.



**Schedule an
Assessment**

Contact Us Today!

(615) 867-1111

www.trustpointhospital.com

1009 North Thompson Lane, Murfreesboro, TN 37129



Adolescent IOP

IOP SCHEDULE

This program offers more structure than traditional outpatient therapy provides but greater flexibility than you would find in higher levels of care. We provide treatment in our IOP for three hours a day, three days a week, which allows many children to continue going to school and to stay active in their communities. Most young people take part in this program for four to six weeks depending on their progress and needs. We evaluate every child individually to determine the best time for them to transition to the next step in their healing process.

PROGRAM OVERVIEW

- › Intensive group therapy sessions
- › Parental involvement
- › Experiential therapy as needed
- › Medication management services



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