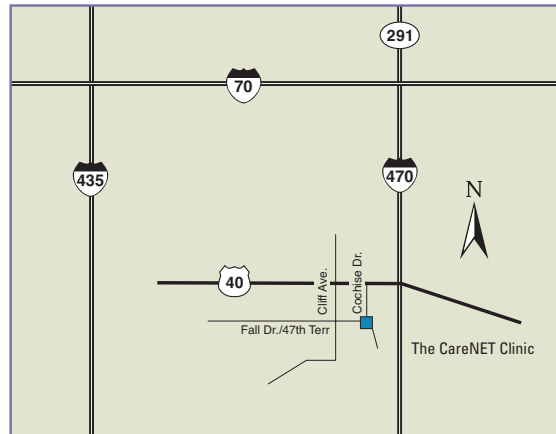


## Intensive Outpatient Programs

- Children's Specialty Programs
- Adolescent Mental Health Counseling
- Adult Mental Health Counseling
- Adult Dual Diagnosis Counseling



**THE CARENET CLINIC**

Research Psychiatric Center

Cliffside Professional Building  
4731 South Cochise Drive, Suite 222  
Independence, Missouri 64055

For Appointments call 816-373-6400  
(An affiliate of Research Psychiatric Center )

[www.ResearchPsychiatricCenter.com](http://www.ResearchPsychiatricCenter.com)

*We accept all major health insurance  
plans in the Kansas City area.*

## Intensive Outpatient Programs



Changing Lives  
One Day at a Time



**THE CARENET CLINIC**

Research Psychiatric Center

# Intensive Outpatient Programs



Located in the Cliffside Professional Building in Independence Missouri, CareNET Clinic offers specialized, Intensive Outpatient Programs (IOP) for children, adolescents and adults seeking help for mental health and/or substance abuse issues.

The CareNET Clinic IOP is a group therapy based treatment program with individualized treatment planning for patients who need more intensive care than weekly therapy provides, or who are transitioning from an inpatient setting.

Treatment begins with an individual assessment at the clinic. Each client has a primary therapist assigned who develops a treatment plan and oversees the client's progress throughout the program. If medication management is required, the primary therapist will assist the client in obtaining a psychiatrist.

We specialize in helping clients and their loved ones who suffer from behavioral problems, depression, anxiety, substance abuse or mood disorders. We provide effective programs and aggressive treatment options that will fit your busy lifestyle.

## Schedule

IOP groups meet either two or three evenings a week (three hours each session) depending upon the program. Because the family is an integral part of the solution, the family is included in at least one session per week.

## Evening IOP

- Children: 4:30 – 7:30 PM (M & W)
- Adolescent: 6:30 -9:30 PM (M, T & Th)
- Adult Mental Health: 6:30 -9:30 PM (M, W & Th)
- Adult Dual Diagnosis: 6:30 -9:30 PM (T, W & Th)

Most insurance plans are accepted and the office staff will work closely with the client to ensure that benefits are properly utilized.

## CareNET Clinic

### IOP Advantages:

- Ability to continue working or attending school
- Frequency of attendance increases effectiveness
- Maintain individual lives at school or home
- IOP can be augmented by individual therapy
- Financial and cost benefits
- Daily application of what is learned in sessions
- Patients are more responsible for their treatment

## Aftercare Planning

Key to the program's success is a comprehensive transition to effective aftercare treatment. The Program staff meets with the patient throughout their treatment to assist in coordinating aftercare plans. Following treatment, patients are routinely returned to their established providers. If no established provider exists, referrals can include psychiatry, individual therapy, support groups or other community resources. Additionally, patients who are discharged from IOP treatment are encouraged to continue attending an IOP group once a week for up to six weeks at no charge to help transition to a lower level of care.

