

What is the EIOP?

It allows people to receive thorough treatment that fully addresses their needs in a less restrictive manner. The program offers a supportive and structured therapeutic setting. Everyone who engages in the EIOP receives truly individual care plans tailored to build on strengths while meeting their needs so that their goals best met. These individualized offerings include a variety of interventions, whether individual or group psychotherapy, classes in wellness, or medication.

Program mission:

- Stabilization of a mental health condition through symptom alleviation following an acute stage of illness;
- Reducing the chance of needing emergency room visits or psychiatric;
- Strengthening wellness in life including day to day functioning and self-management;
- Preparation in pursuing recovery over the longer term at our clinic, or other similar service.

What is the program about?

This outpatient program is up to 6 weeks long, with an option to renew services for up to another 6 weeks. These individualized treatment plans include a variety of therapeutic interventions, which may include the following:



1. **Group work:** Program participants may be offered to attend group experiences;
 - a. **Stress Management/ Chair Yoga/ Mindfulness:** using the mind and body to improve relaxation;
 - b. **Dialectical Behavior Therapy (DBT)-Informed Skills:** increasing centeredness and calmness; problem solving, distress tolerance skills and emotional regulation;
 - c. **Harm reduction:** achieving sobriety/abstinence or facilitate relapse prevention, coping with comorbid psychiatric conditions.
 - d. **Art Expression:** facilitating the process of feelings of expressions and thoughts via arts, building autonomy and self-soothing.
 - e. **Wellness/Self-Management classes:** informing about psychiatric illness and health issues, coping with stigma, and building recovery.
2. **Medication management:** psychiatric medications to help relieve physical and psychological distress and psychoeducation about mental illness, including how adhering to a medication plan agreed upon together with the treatment team can be helpful in preventing about of illness like those experienced in the past.
3. **Individual treatment:**
Individuals meet one-on-one with a therapist in a confidential setting. These sessions can be a time for people to receive ongoing support and to ask any questions they have, to process past treatment experiences, problem solve the concerns that are part of living and celebrate successes as they happen.



Who will benefit from the program?

- Existing members of our clinic who have had a recent illness relapse from the illness, and can benefit from added support to manage the things that are very stressful right now, seeking a greater sense of mastery over those stresses;
- Existing clinic members who will benefit in a time limited manner by intensively acquiring new skills to cope with their problems and transfer back to more routine therapy;
- People just discharged from the hospital seeking assistance in successful return to their communities.

Are you ready?

- With motivation to thrive more easily in your home community and make progress on your personal goals;
- Have a acceptable insurance, or be able to self-pay on a sliding scale;

Here's how:

- Get a Referral from psychiatric inpatient providers
- Discussing with your existing mental health provider whether this short-term intensive experience can help you

Please contact our intake team at 212-238-7332



Gouverneur Health

Enhanced Intensive Outpatient Program

