

YOUTH INTENSIVE OUTPATIENT PROGRAM (IOP)



PrairieCare
A Division of Newport Healthcare

The Intensive Outpatient Program (IOP) for youth provides multi-specialty treatment through group, individual, and family therapy sessions. These intensive treatment options focus on thorough assessment and symptom stabilization while working on healthy living skills. Treatment is guided by a fully licensed mental health professional.

IOP is a helpful level of care for youth (ages 12–18) who are struggling with symptoms of mental illness that interfere with their ability to function in their daily tasks for childhood or adolescence, tasks like: going to school, progressing academically, making and keeping friends, and participating in family life.



PROGRAM DETAILS

SERVICES PROVIDED BY	<ul style="list-style-type: none">• Psychiatrist• Therapists• Psychiatric Technicians
TREATMENT	<ul style="list-style-type: none">• Teen skill development• Therapeutic and mindfulness activities• Parent coaching and skill development group• Structured family therapy sessions. All are welcome.• Medication management as needed
LOCATIONS	<ul style="list-style-type: none">• Brooklyn Park Medical Office Building (MOB)• Edina
HOURS	3:30–6:30 pm, Monday – Thursday
PROGRAM LENGTH	6 weeks

Brooklyn Park Medical Office Building (MOB): 5500 94th Avenue North, Brooklyn Park, MN 55443

Edina: 55443 4510 W 77th Street, Edina, MN 55435