



ADMINISTRATIVE OFFICE OF THE COURTS & PROBATION

Service Interpretive Guidelines **Intensive Outpatient Counseling (IOP)**

SERVICE DEFINITION:

Intensive outpatient counseling is based on a recommendation from a Substance Use or Co-Occurring Assessment/Evaluation. Substance Use Intensive Outpatient Treatment (IOP) provides group and individual, non-residential, intensive, structured interventions focusing on substance-related and/or co-occurring mental health problems.

Services are goal-oriented interactions with the youth or in group/family sessions. This community-based service allows the individual to apply skills in “real world” environments. Specializations can include psychotherapy for clients with co-occurring disorders, eating disorders, trauma, youth who sexually harm and other areas.

IOP is an intensive group, family and individual counseling to improve or alleviate symptoms that may significantly interfere with functioning in at least one life domain (e.g. familial, social work, educational) through scheduled therapeutic visits and psycho education. Service is more intensive than outpatient therapy and less intensive than day treatment or partial care.

TARGET POPULATION:

This service would typically assist in addressing youth with high risk and/or need in Substance Use (SU), Personality/Behavior, Attitudes/Orientation and/or Family Circumstances/Parenting.

PROBATION/PROBLEM SOLVING COURT OFFICER (OFFICER) RESPONSIBILITIES:

- Officer will communicate with the therapist to assist in developing a written individualized treatment plan for the youth.
- Officer will communicate monthly, at a minimum, for updates on treatment plan and goals and the youth and family’s engagement in services.
- Officer will complete engagements outlining information related to the progress of the youth.
- Officer will ensure the goals will be observable and measurable and are developed in conjunction with the youth, family and therapist.
- Officer will assist in maintaining family engagement and facilitate family team meetings to encourage communication and progress.
- Officer will verify with the therapist to determine if progress is being made. If progress is not indicated, the therapist shall provide a rationale as to what changes will be made to initiate a plan to increase progress.
- Officer will complete engagements outlining information related to the progress of the youth.

- Officer will work with the provider to develop a written discharge plan that includes:
 - Next appropriate community services
 - Follow-up appointments scheduled in conjunction with family
 - Community supports and resources for the youth/family
 - Consultation with community agencies on behalf of or in conjunction with the youth/family
- Upload all documents to the information management systems