



INTENSIVE OUTPATIENT PROGRAMS (IOP)

Ryther's three Intensive Outpatient Programs occur three times a week for 3 hours. These groups include individual and family therapy sessions to address substance use disorders and co-occurring mental health issues for youth between the ages of 13-17. We accept the following insurance: First Choice, Premera, Regence, Blue Cross, Blue Shield, LifeWise and Kaiser Permanente.

Co-Occurring Intensive Outpatient (COD IOP): This program uses our challenge course and other experiential methods to aid in skill-building for adolescents with substance use disorders and mental health issues. This group combines motivational interviewing techniques, harm reduction strategies and cognitive behavioral therapy to build connection and community among youth and their families.

Dialectical Behavior Therapy Intensive Outpatient (DBT IOP): This program is a good fit for youth with acute mental health needs who are experiencing suicidal ideation, self-harm, school avoidance/failure, chronic interpersonal deficits, and low self-worth or have a history of hospitalization or residential treatment.

Eating Disorder Intensive Outpatient (ED IOP): This program provides individualized treatment for youth diagnosed with an eating disorder and are either stepping down from a higher level of care or for whom traditional outpatient therapy has not improved symptoms significantly. Ryther's ED IOP program utilizes components of Family Based Therapy (FBT) in combination with Enhanced Cognitive Behavior Therapy (CBT-E).

CONTACT MARQUÉ MOODY
206.941.6349



SCAN QR CODE



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