

# Virtual Intensive Outpatient Program for Adolescents

Empowering teens with skills, confidence and support for healthier futures

## Flexible, accessible care for teens

Lakeview Center's Teen Intensive Outpatient Program (IOP) is a fully virtual treatment program designed for adolescents ages 12 to 17 who are experiencing emotional, behavioral, academic or substance-use challenges.

Because transportation is a major barrier for many families, the program is offered 100% virtually for teens living in Escambia County and surrounding areas.

Our teen IOP provides structured support, teaches practical coping skills, strengthens family communication and helps teens build confidence in a safe, youth-friendly space.

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## Program schedule

Mondays, Wednesdays, Thursdays | 5–8 p.m. (Virtual).

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## Family group session

Wednesdays | 7–8 p.m. (Virtual)

Parents and caregivers meet with clinicians for guided discussions and activities that strengthen communication, connection and support at home.

Families may request or require drug testing as part of ongoing support.

## What teens will learn

Our evidence-based programming helps teens build real-world skills they can use right away, including:

### Coping & emotional skills

- Managing stress and intense emotions
- Identifying thoughts, feelings and behaviors
- Building resilience, self-control and self-awareness

### Evidence-based therapies

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Motivational Interviewing
- Skills focused on mindfulness, grounding and positive decision-making

### Substance use education & harm reduction

- Understanding vaping, drugs and modern substance-use risks
- Identifying triggers and building healthy alternatives
- Practical harm reduction strategies that meet teens where they are

### Life & relationship skills

- Healthy communication
- Problem-solving and conflict resolution
- Navigating peer pressure and social media
- Building confidence and future-focused thinking
- Strengthening decision-making skills
- Improve connection with parents

## Program expectations

To create a supportive and safe environment, participants agree to:

- Keep cameras on during sessions
  - Communicate respectfully
  - Actively participate
  - Maintain confidentiality
  - Avoid substance use during program hours
  - Attend all required sessions
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## Our program approach

Today's teens face unique pressures, including social media, vaping and academic stress. Our program is designed to meet these challenges with compassion, understanding and practical, real-world tools. We focus on:

- Meeting teens where they are
  - Creating positive, achievable change
  - Keeping activities engaging and youth-friendly
  - Helping families strengthen support at home
  - Providing a harm-reduction-informed, non-judgmental space
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## Program length

Teens may join at any time.

Each participant completes a 6 to 8 week cycle, individualized to their needs.

### Who is this program for?

This virtual program is ideal for teens who:

- Struggle with depression, anxiety or emotional regulation
  - Are experimenting with substance use or vaping
  - Have difficulty at school or home
  - Need structure and support with behavior or impulse control
  - Want to build healthier coping skills
  - Would benefit from intensive support but do not require inpatient care
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## Our goal

To empower teens with the tools, skills and confidence they need to make healthier choices, strengthen their emotional well-being and build hopeful, meaningful futures.

## Contact information

Lakeview Center

Adolescent Intensive Outpatient Program

Phone: 850-469-3500



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