

# 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.

## Program schedule

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

## 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

