

How it Works

Physician referrals are not required for admission to our program. Anyone may contact Lane Behavioral Health Services directly, especially adults experiencing life-altering emotional crises, such as depression, anxiety, panic, stress, fear and other personal disorders. Family members, friends, physicians and behavioral health professionals may also contact us.

This active treatment program teaches powerful and practical ways to respond to any type of traumatic life event, behavioral difficulty or emotional distress, especially major events due to the loss of a job, health or relationship. It is an active treatment program that teaches practical ways to take charge and develop the long-term skills needed for personal success.

In order for a patient to qualify for an IOP assessment, one of the following criteria must be met:

- The patient's daily mental and social skills have become impaired by moderate to severe symptoms of a mental health condition.
- The patient's treatment cannot adequately be managed in a lower level of care, such as: nursing home residents, home health patients, persons seeing an outpatient psychiatrist or primary care physician.
- The patient's mood or cognition has deteriorated to the extent that a higher level of care, such as inpatient hospitalization, will likely be needed if intensive outpatient treatment is not provided.
- The patient has completed inpatient, residential treatment or a partial hospital/day treatment program, and requires the structure and support provided in an IOP.
- The client has a non-supportive living situation in which the patient's mental health is likely to worsen without the structure and monitoring of an IOP.



For more information or to schedule a confidential assessment, contact:



Care You Can Count On

4801 McHugh Road, Suite A
Zachary, LA 70791
Phone: 225-658-6640
Fax: 225-658-6653
LaneRMC.org/BehavioralHealth

Open Monday – Friday,
7:30 a.m. – 4:30 p.m.



**Lane
Behavioral Health Services**

Care You Can Count On



**AN INTENSIVE
OUTPATIENT PROGRAM**



Lane Behavioral Health Services

Care You Can Count On

Lane's Intensive Outpatient Program, IOP, is designed to help patients who do not require hospitalization but can benefit from a structured, therapeutic group setting. IOP addresses both mental and emotional needs in a supportive and caring environment.

IOP may be used as: an initial point of entry into care, as a step up from routine outpatient services, or as a step down from inpatient care.

The patient must be willing to commit to at least 3 hours of care per day, and treatment typically begins at 4 days per week then declines as the patient improves. It can be used to treat mental health conditions or specialize in the treatment of co-occurring mental disorders.

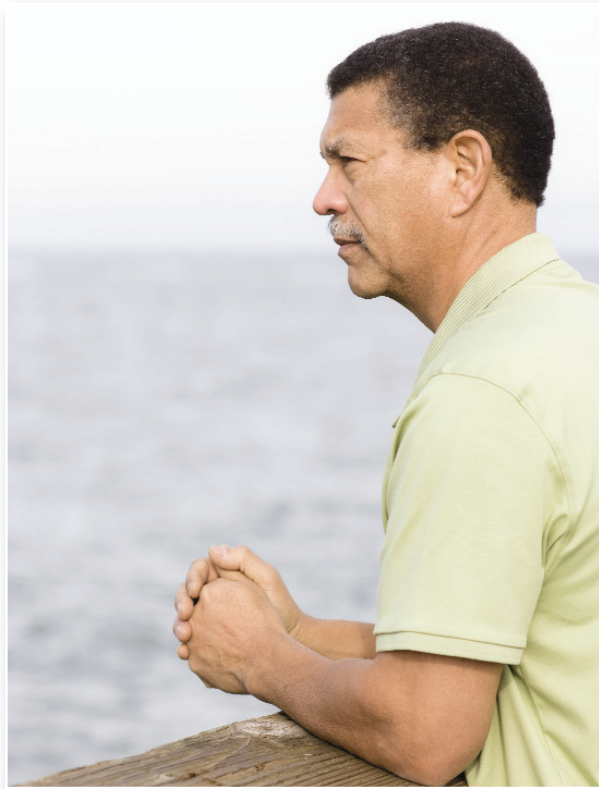
Services Include:

- Psychiatric Evaluation & Treatment
- Individual Counseling
- Group Therapy
- Family Counseling
- Behavior Modification
- Comprehensive Assessments
- Medication Management



Symptoms to look for:

- Depression/feelings of sadness
- Changes in eating and sleeping habits
- Missed work or sudden poor performance
- Withdrawal from friends, family and activities, isolating from others
- Feelings of worthlessness or guilt
- Anxiety/nervousness/worry
- Grief or loss
- Hopelessness, lack of motivation and enthusiasm
- Thoughts of death or suicide
- Thoughts or talk of self-harm or harm to others
- Paranoia, hallucinations, or delusions



Your Treatment Team

Our treatment team provides the highest quality therapy available to address all aspects of recovery.

Team members include:

- Board Certified Psychiatrists
- Social Workers
- Counselors
- Mental Health Technicians
- Nursing Personnel
- Administrative Staff

