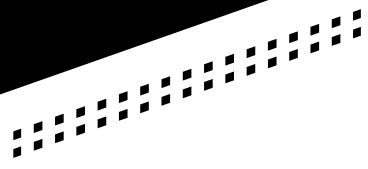
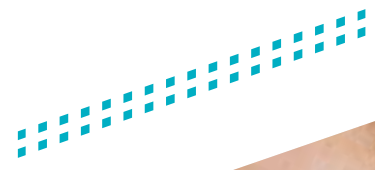




Lilac Center



DIALECTICAL BEHAVIOR THERAPY-BASED

Adolescent **Intensive** Outpatient Program



For Males and Females
ages 13-17

6-week
Intensive
Dialectical Behavior
Therapy Program

Get the right help.

Our six-week adolescent Intensive outpatient program addresses the devastating difficulties many adolescents face due to active thoughts of suicide and/or engaging in self-injury, substance abuse, binge eating, trichotillomania and other self-destructive behaviors. Our goal is to reduce the length of — or even *eliminate* the need for — hospitalization by providing necessary support and intensive therapy pre-hospitalization.

We want to help you:

- Break compulsive behaviors
- Stop self-harming behaviors
- Improve self-understanding, self-acceptance and self-reliance
- Improve family and peer interactions
- Make healthy lifestyle changes
- Acquire solid knowledge of basic daily living skills
- Learn alternative coping mechanisms
- Adopt components of a mentally and physically healthy lifestyle
- Develop insight into why or how negative patterns develop and discover how to break the cycle

Admission Criteria

Meets DSM
criteria for mood
disorder and
repetitive self-harm
behaviors

Psychosocial
stressors & support
system dysfunction

Not at
imminent risk
for serious
bodily injury nor
is aggressive
toward others

The IOP is appropriate when the patient meets the criteria for the DSM diagnosis of a major mood disorder and displays repetitive self-harming or self-damaging behaviors. This in combination with psychosocial stressors and support system dysfunction. The individual is not at imminent risk for serious bodily injury nor is directly aggressive toward others.

Program is not appropriate if the patient has an immediate medical need or is not responding to outpatient therapies.



program details

THREE-HOUR SESSIONS / THREE DAYS A WEEK

Our 6-week intensive sessions often achieve results that typically require 6 months or longer in our standard DBT program.

INDIVIDUAL THERAPY AND GROUP SESSIONS

Our program offers individual sessions as well as interactive skills group learning sessions.

FAMILY SUPPORT AND EDUCATION

Family members will attend weekly support group to learn ways to help their adolescent achieve healthy lifestyle goals.

MEDICATION MANAGEMENT

On-site psychiatrist / medical director available to assist with medications as needed, compliance, and to help manage any associated side effects.

weekly schedule

WEEK ONE

Study suicide prevention, distress tolerance skills, medication evaluation and compliance, biosocial therapy, and dialectical dilemmas.

WEEK TWO

Learn about problem chain analysis, making behavior changes, and taking control of your mind.

WEEK THREE

Discuss physical and mental health, medication adherence, and family dynamics.

24-HOUR PHONE COACHING

Our dedicated team is only a phone call away for coaching assistance in utilizing the skills taught in our program.

LEARN INTENSIVE DBT SKILLS

Learn mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness skills.

PROFESSIONAL TEAM AVAILABLE TO YOU

Psychiatrist and Intensively-trained, licensed mental health therapists dedicated to providing the best possible outcomes.

COORDINATION OF CARE

Our team can coordinate care with your individual therapist outside of the Lilac Center if you wish.

WARM AND CARING ENVIRONMENT

Our confidential office offers a home-like environment in the central neighborhood of North Kansas City.

SMALL GROUP SIZE

Program limited to 12 clients at a time and is ongoing with a limit of two new clients added per week.

WEEK FOUR

Discover how to have healthy relationships, ask for help from your loved ones, and maintain your self-respect.

WEEK FIVE

Boost your ability to identify, communicate, and change your emotions.


WEEK SIX

Learn how to work through traumatic life events that you cannot change. Develop a self-care toolbox.

"The Lilac Center is full of love and compassion. The therapists and psychiatrist at the Lilac Center truly pulled me out of a dark place and saved my life. They pushed me to learn the skills I needed in my everyday life and walked me through some dark times. DBT is a program that DOES WORK if you give it your all. Thank you to everyone at the Lilac Center for helping me live and love my life!"

-COLBY

The Lilac Center has focused on treating individuals with borderline personality disorder for nearly 20 years. Our extensively trained staff adheres to all the best practice guidelines for providing evidence-based treatment. The Lilac Center is a member of the Missouri Department of Mental Health Registry for Dialectical Behavioral Therapy.

Call to schedule now
 **816-221-0305**



Lilac Center

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