



PrairieCare

# Youth Intensive Outpatient Program (IOP)

BROOKLYN PARK MEDICAL OFFICE BUILDING (MOB) & EDINA LOCATIONS

The Intensive Outpatient Program (IOP) for youth provides multi-specialty treatment through group, individual, and family therapy sessions. These intensive treatment options focus on thorough assessment and symptom stabilization while working on healthy living skills. Treatment is guided by a fully licensed mental health professional.

IOP is a helpful level of care for youth who are struggling with symptoms of mental illness that interfere with their ability to function in their daily tasks for childhood or adolescence, tasks like: going to school, progressing academically, making and keeping friends, and participating in family life.

## PROGRAM DETAILS

### TREATMENT

- Ages 12 – 18
- Teen Skills
- Therapeutic and Mindfulness Activities
- Parent Skills
- Structured Family Therapy Sessions

All are welcome!

### HOURS

Monday – Thursday  
3:30 pm – 6:30 pm

In-person and  
tele-health available

Visit our website for location address information

952-826-8475



prairie-care.com