

# LGBTQ Adolescent IOP

## Program Details

The program is designed to help adolescents (age 13-17) who are struggling with gender identity, sexual orientation, mental health issues like depression, anxiety, suicidal ideation, self-medicating, childhood trauma and substance misuse.

Patients will learn coping skills to deal with harassment, bullying, discrimination, family rejection, isolation and shame.

The goal of the program is to assist in building pride and resiliency in a safe and affirming environment with licensed mental health professionals.

## New Telehealth program offered by Texas Health Behavioral Health Center Richardson



This program is offered via Telehealth



To schedule an intake appointment call 682-236-6023



For more information call 972 981-4300

### Program Schedule:

- 3 days a week 3 hours, minimum 12 sessions
- Tuesday, Wednesday and Thursday afternoons
- Insurance accepted

### What to Expect:

- Assessment and Individualized Treatment Plans
- Group Therapy with Goal Setting
- Life skills and communications skills
- Emotional regulation and setting healthy boundaries
- Weekly Parent/Caregivers Group will be offered

