

LINCOLN PRAIRIE BEHAVIORAL
HEALTH CENTER

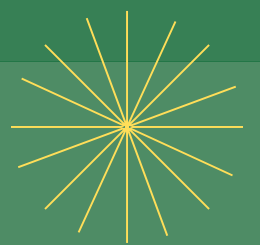
OUTPATIENT SERVICES



INTENSIVE OUTPATIENT PROGRAM (IOP)

Via telehealth

Monday-Thursday 1:00pm-4:30pm or 3:30pm-7:00pm
Summer Hours Monday-Thursday 9:00am-12:30pm or 1:00pm-4:30pm



INDIVIDUAL / FAMILY THERAPY

In person or via telehealth

Appointments available Monday through Thursday



GROUP MEDICATION MANAGEMENT

In person or via telehealth

ANGER MANAGEMENT GROUP

Via telehealth



DIALETICAL BEHAVIORAL THERAPY (DBT) GROUP

Via telehealth

Call to schedule a
no-cost assessment
(217) 585-4707

ALL OUTPATIENT SERVICES ARE PROVIDED BY MASTER LEVEL CLINICIANS,
DEVOTED TO THE SUCCESS OF THEIR CLIENTS

5230 S 6TH ST RD, SPRINGFIELD, IL 62703
WWW.LINCOLNPRAIRIEBHC.COM



VIRTUAL IOP



MONDAY-THURSDAY

1:00pm-4:30pm or 3:30pm-7:00pm

SUMMER HOURS

MONDAY-THURSDAY

9:00am-12:30pm or 1:00pm-4:30pm

WHAT IS IOP?

- IOP stands for intensive outpatient programming
- Done completely ONLINE
- Ages 12-17
- Individual daily check-ins to assess risk
- Initial psychiatric evaluations upon admission
- Provider check-ins as needed
- Bi-weekly staffings regarding treatment plan goals status

GROUP TOPICS

- Anger management
- Emotional regulation
- Communication skills
- Personal wellness
- Stress management
- Self-esteem

HOW TO GET STARTED:

Call the intake
department at
217.585.4707
to schedule a no-cost
assessment