

# COLLEGE MENTAL WELLNESS IOP

*Virtual Intensive Outpatient Program*

## 24 Group Sessions Designed to Help:

- Improve ability to problem solve
- Improve stress management & procrastination
- Develop healthy coping skills
- Regulate emotions
- Decrease suicidality
- Decrease self-harming behaviors
- Improve communication skills
- Identify & challenge negative thoughts
- Improve healthy lifestyle
- Increase self-esteem
- Gain more independence transitioning to adulthood
- Focus on short-term and long-term goals

*Monday, Wednesday, Thursday 3:00 PM to 6:00 PM*

***\*This is a Virtual Program\****

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## Core Topics:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Mindfulness
- Emotion Regulation Skills
- Healthy lifestyle
- Goal setting & Time Management
- Self-Esteem
- Distress Tolerance
- Interpersonal Effectiveness Skills
- Codependency

The College Mental Wellness IOP is designed for individuals ages 18-25 who are enrolled in higher education or currently taking “time off/gap” due to their mental health. The IOP is tailored to college students struggling with mental health and college stressors that may be impacting their everyday lives. Some include depression, anxiety, trauma, gaining independence, the stress of managing academics and social life, forming and maintaining relationships.