

AUSTEN RIGGS CENTER

Online Intensive Outpatient Program for College Students and Emerging Adults in MA

Providing mental health services to emerging adults (18-30) facing the challenges of young adulthood and/or college life.

Becoming an adult presents both opportunities and challenges. To help you meet those challenges, the Austen Riggs Center has created an online Intensive Outpatient Program that serves emerging adults (age 18-30) who are located in Massachusetts and whose struggles interfere with meeting the academic, work, social, and emotional challenges of young adulthood.

Now in-network
with Carelon
Behavioral Health



Designed with a flexible schedule to meet the demands of young adult life, the Riggs Online IOP offers:

- 3 hours of groups, 2-3 days/week*
- Individual psychotherapy by doctoral-level therapists 2 times/week
- Medication management and consultation
- Family therapy
- Partnership with other mental health resources (including school counseling centers)

**Groups focus on building a community of mutual support, discovering resilience by learning about oneself through relationships, and acquiring coping skills.*




Spencer E. Biel, PsyD
Program Director

To learn more about our Online Intensive Outpatient Program or to begin the admission process, scan the QR code or contact our admissions team at:

P: **833.921.5700** / F: **413.440.1035**

www.AustenRiggs.org/IOP



Sample schedule and eligibility on the next page 

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Who is Eligible?

- You must be 18-30 years old.
- You must be physically located in Massachusetts while receiving IOP services.
- The IOP is not for crisis stabilization or if you have an active substance use disorder. It may be appropriate if you're struggling to remain in school or stepping down from higher levels of care and need services beyond individual outpatient treatment.
- All services are online (via Zoom) to facilitate your ability to participate from campus or home.

Sample Schedule

Day 1 Monday	2-3 p.m.	Resilience Through Relationships Process Group
	3-4 p.m.	Yoga, Mindfulness, and Meditation
	4-5 p.m.	Coping: Skills Within Stories
Day 2 Tuesday	TBD	Psychopharmacology (Scheduled between 9 a.m. and 5 p.m.)
	TBD	Family Therapy (Scheduled between 9 a.m. and 5 p.m.)
	TBD	Individual Psychotherapy (Scheduled between 9 a.m. and 5 p.m.)
Day 3 Wednesday	2-3 p.m.	Resilience Through Relationships Process Group
	3-4 p.m.	Yoga, Mindfulness, and Meditation
	4-5 p.m.	Coping: Skills Within Stories
Day 4 Thursday	2-3 p.m.	Resilience Through Relationships Process Group
	3-4 p.m.	Yoga, Mindfulness, and Meditation
	4-5 p.m.	Coping: Skills Within Stories
Day 5 Friday	TBD	Psychopharmacology (Scheduled between 9 a.m. and 5 p.m.)
	TBD	Family Therapy (Scheduled between 9 a.m. and 5 p.m.)
	TBD	Individual Psychotherapy (Scheduled between 9 a.m. and 5 p.m.)

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Outcomes & Testimonials



Decrease in PHQ-9 depression scale from “moderately severe” to “mild to moderate”



Decrease in GAD-7 anxiety scale from “moderate anxiety” to “mild anxiety”

66%

of patients on medical leave returned to school

Nov 2021-Jan 2024; n=34

“I’ve gotten a lot better. I didn’t skip any classes this semester. I’m much more motivated.”

“I’ve gotten so much better. I feel like I am now capable of going to therapy and seeing my therapist and interacting with my trauma without falling apart and getting overwhelmed. I can manage between sessions. I couldn’t do that before.”

“I really liked that it was all remote. It was easy for me to juggle everything. There were times I had to run from class to go remote – if it was in person, I wouldn’t have been able to do it.”

“I had previously done different types of therapy, DBT, CBT but I had never done psychodynamic therapy. Getting to the root of problems was really important. It helped me feel validation in my struggles.”

“This program probably saved my life. Initially, it was the structure, having groups to show up for. But then I got really connected to people. I’ve found a community in this program.”

“I don’t have suicidal ideation like I did before. It’s been way better. I feel like myself now.”