



AUSTEN RIGGS CENTER

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

Designed with a flexible schedule to meet the demands of young adult life, our Online Intensive Outpatient Program (IOP) for College Students and Emerging Adults in MA and VT can help patients become more self-aware, confident in their abilities, and capable of harnessing emotions and relationships in the service of growth and lasting change.



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 Vermont and whose struggles interfere with meeting the academic, work, social, and emotional challenges of young adulthood.

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

- Online Intensive Outpatient Program for College Students and Emerging Adults in MA & VT
- Providing mental health services to emerging adults (18-30) facing the challenges of young adulthood and/or college life.
- 3 hours of groups, 2-3 days/week*
- Individual psychotherapy 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.*

Who is eligible?

- You must be 18-30 years old.
 - You must be physically located in Massachusetts or Vermont 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.)

Admission Inquiries: 833.921.5700

Treatment Benefits

Source: Online IOP patient self-reports, n=88, 87 respectively, November 2021 – November 2025

90%

BENEFITTED

from their treatment
in the IOP



90%

**CHANGED THEIR
BEHAVIOR**

for the better

Connecting with Therapists

Source: Online IOP patient self-reports, n=80, 90, respectively, November 2021 – November 2025

96%

felt interpersonally
CONNECTED
with their therapists
via Zoom



87%

felt
CARED FOR
by their
therapists

A Feeling of Belonging

Source: Online IOP patient self-reports, n=49, 89, respectively, November 2021 – November 2025

96%

felt
CARED FOR
by their peers

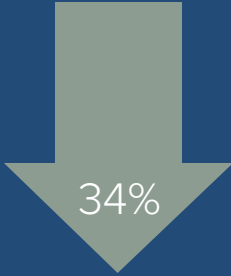


81%

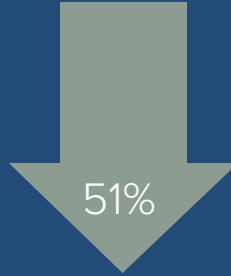
felt engaged in
POSITIVE and
constructive work

Patients Experiencing Moderate to Severe Symptoms Found Relief

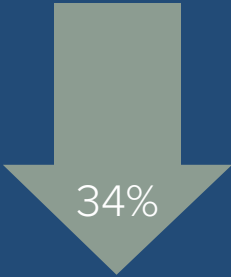
Sources: PHQ-9, GAD-7, n=55; Inventory of Interpersonal Problems (IIP), n=64, 17, 53, 51 respectively, November 2021 – November 2025



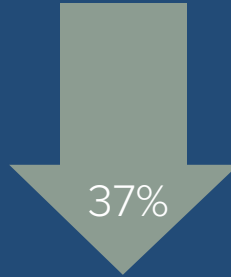
REDUCTION
in depressive symptoms



REDUCTION
in suicidality



REDUCTION
in anxiety symptoms



REDUCTION
in interpersonal problems

Life After Treatment

Source: Online IOP patient self-report, n=126, November 2021 – November 2025

87%

SUCCESSFULLY DISCHARGED TO A LOWER LEVEL OF CARE
after treatment

Online Intensive Outpatient Program

for College Students and Emerging Adults in MA & VT



Spencer E. Biel, PsyD
Program Director

“We’re committed to bringing Riggs’ treatment to a socially and economically diverse patient population. Since we launched, our Online IOP has treated over 100 patients, 42% of whom identify as BIPOC and gender diverse. 62% of the college students we’ve treated are receiving financial aid for school, and patients are only responsible for costs associated with their insurance coverage.”

What Former Patients Have To Say:

“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.”

“I have 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.”



Questions About Admission?

Contact us, Monday-Friday,
8:30 a.m.-5:00 p.m. (Eastern)
at 833.921.5700 or scan the
code to reach us online.



Accredited by the
Joint Commission

AUSTEN RIGGS CENTER

25 Main Street, PO Box 962, Stockbridge, Massachusetts 01262-0962

CONNECT WITH US!



@AustenRiggsCenter



@AustenRiggs