

# AUSTEN RIGGS CENTER

## Remote Access Intensive Outpatient Program for College Students

*Providing mental health services to students (18+) facing the challenges of college life.*

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College presents both opportunities and challenges as you become an adult in the world. To help you meet those challenges, the Austen Riggs Center has created an online Intensive Outpatient Program that delivers psychodynamic treatment to students (age 18+) who are located in Massachusetts and whose struggles interfere with meeting the academic, social, and emotional challenges of higher education.

### Designed with a flexible schedule to meet the demands of academic life, the Riggs 3-day-a-week IOP offers:

- 3 hours of groups daily\*
- Individual psychotherapy by doctoral-level therapists
- Medication management and consultation
- Family and campus liaison
- Partnership with your school's mental health resources


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

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Spencer E. Biel, PsyD  
Program Director

To learn more about the Austen Riggs Center Remote Access Intensive Outpatient Program for College Students or to begin the admission process, please contact our admissions team at:  
**P: 833.921.5700 / F: 413.440.1035**

Sample schedule and eligibility on the next page 

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### Who is Eligible?

- You must be 18 years or older.
- You must be physically located in Massachusetts and enrolled in a college or university 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 via remote access to facilitate your ability to participate from campus or home.

### Sample Schedule

<b>Day 1 Monday</b>	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
<b>Day 2 Tuesday</b>	TBD	Psychopharmacology (Scheduled between 9 a.m. and 5 p.m.)
	TBD	Family and Campus Liaison (Scheduled between 9 a.m. and 5 p.m.)
	TBD	Individual Psychotherapy (Scheduled between 9 a.m. and 5 p.m.)
<b>Day 3 Wednesday</b>	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
<b>Day 4 Thursday</b>	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
<b>Day 5 Friday</b>	TBD	Psychopharmacology (Scheduled between 9 a.m. and 5 p.m.)
	TBD	Family and Campus Liaison (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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