

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 Wellpoint
(formerly UniCare)



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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