



McLEAN  HOUSTON

ADOLESCENT IOP

We are proud to
introduce a new
addition to our
programming...

The Adolescent Intensive Outpatient Program (A-IOP)

CONTACT US

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ABOUT US

The McLean OCD Institute at Houston (MOCDI-H) is committed to providing a compassionate therapeutic environment while implementing evidence-based treatment to provide the most effective treatment outcomes.

About the Adolescent Intensive Outpatient Program (A-IOP)

The MOCDIH offers a highly specialized Adolescent Intensive Outpatient Program for adolescents (ages 12-18) with moderate to severe OCD and other anxiety-related disorders. It is offered in a virtual format for individuals located in Texas.

Monday, Wednesday and
Thursday from 4:00 - 6:30 PM.

OVERVIEW

This unique program allows adolescents to receive specialized Cognitive-Behavioral Therapy (CBT) in a compassionate and individualized treatment environment. Adolescents in this program will receive three individualized therapy sessions with a licensed Behavioral Therapist and one family therapy session per week in addition to group therapy (CBT 101, Emotion Regulation and Family Dynamics), and Exposure with Response Prevention (ERP) with staff support. Family members are encouraged to join the 2nd and 4th Family Dynamics group every month.

- Psychiatric services are available upon request at an additional cost
- Prior to beginning our A-IOP, patients must have a BT assessment and 2-follow up outpatient sessions (this can be done in a one-week period)

SCHEDULE

4:00 - 4:45 PM

Group

4:45 - 5:00 PM

Homework
Review and
ERP Check In

5:00 - 6:15 PM

ERP

6:15 - 6:30 PM

ERP Check Out
and Goal
Setting

To learn more, please visit houstonocdprogram.org/aiop or call us at 713-526-5055 to speak with one of us!