



*We Are
Here to
Help*

We know the process of seeking help can feel daunting, but we are here to help. Making an inquiry begins the healing process which we will guide you through step-by-step. We offer compassionate care in a Catholic environment for clergy and men and women religious.

Our Admissions and Support Services Manager can be directly reached at 301-422-5429 | admissions@slu.org.

IOP LOCATION

The IOP is offered at our headquarters located in Silver Spring, Maryland.

Maryland

Saint Luke Institute
8380 Colesville Road, Suite 300
Silver Spring, MD 20910-6264
301-445-7970
www.slu.org

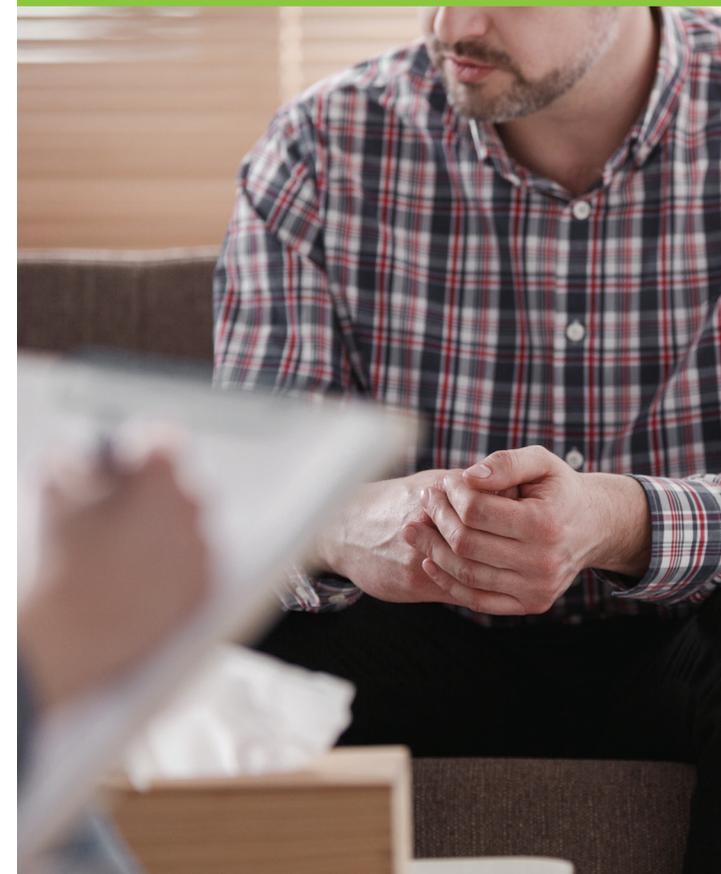
Housing and Transportation

IOP clients have several housing options that they can arrange on their own or with assistance from our staff. Housing options include nearby hotels and religious houses. Clients may also choose to commute to our offices in Silver Spring, Maryland.

Clients may travel to and from the program by private car, ride share, or public transportation. Free parking is available.



SAINT LUKE INSTITUTE INTENSIVE OUTPATIENT PROGRAM



SAINT LUKE INSTITUTE

In-depth, Holistic Treatment

SLI's Intensive Outpatient Program

HEALING WITH DIGNITY

SLI's Intensive Outpatient Program (IOP) offers clients the ability to maintain the rhythms of daily life while in treatment and foster a more natural transition back to ministry and community life.

IOP clients engage in intensive therapy, skills-building, education, and spiritual integration to grow in freedom from unhealthy defenses, beliefs, and psychological and spiritual burdens.

Treatment is offered Monday through Friday between 9:00 am-5:00 pm. Our model includes group therapy, psychoeducational and spirituality groups, and individual sessions as determined by the client's treatment plan.

ADMISSION PROCESS

Our staff members determine the client's treatment needs by conducting a five-day, comprehensive clinical evaluation to clarify the client's psychological and spiritual functioning and explore referral concerns. We provide the evaluatee and his/her ecclesial superior with comprehensive oral feedback and recommendations, as well as a detailed written report to help determine the appropriate next steps.

Once a client is recommended to the IOP, the length of stay can be up to six months, depending on the diagnosis and progress in treatment. Upon completion of the Intensive Outpatient Program, clients move to the Continuing Care program where they receive high-quality support and care for five years post-treatment.

TYPES OF THERAPY OFFERED

Group

- Process groups
- Focal groups
- Experiential groups
- Skills groups
- Spirituality groups
- Education groups

Individual

- Spiritual integration
- Therapy
- Psychiatry, physical therapy, and nutrition consults
- Adjunctive treatment modalities (e.g., EMDR, biofeedback)

DAILY LIFE

A typical day could include individual and group therapy, spiritual integration or prayer group, art and psychodrama therapy groups, skills groups, and/or exercise consultation. Groups may be co-ed or gender-specific.

Daily Mass and the Sacrament of Reconciliation are celebrated with local religious communities and/or parishes. Clients manage their own day-to-day personal care, including medication, meals, cell phone use, etc., with staff support as needed.

We provide the tools and treatment necessary for healing and, where possible, facilitate a return to active ministry.

***Treating the whole person—physically, mentally, and spiritually—
in a supportive Catholic environment***