



SAINT LUKE INSTITUTE

INTENSIVE OUTPATIENT PROGRAM



*Come to me, all you who are weary and burdened,
and I will give you rest.*

~ Matthew 11:28

THE FUTURE OF HEALTH CARE

Healthcare is changing rapidly, becoming more patient-centric, ambulatory, and even virtual. Saint Luke Institute recognized these trends and boldly stepped forward by transitioning from a residential care model to an intensive outpatient program (IOP).

THERAPEUTIC BENEFITS OF IOP

Our IOP program mirrors our former residential treatment program and requires that our clients assume greater responsibility for their own wellness. It challenges our clients to employ the skills they are acquiring while living in the real-world. Clients who might be resistant to residential programs and the stigma that often surrounds mental health issues, are much more likely to accept the IOP format if they qualify for it. Most choose to live in nearby religious houses which provides them with a spiritual community while encouraging prayer and the reception of the sacraments.

FINANCIAL BENEFITS OF IOP

IOP is a radically affordable, insurance-friendly alternative that can reduce your out-of-pocket expenses to approximately \$5k a month, whereas residential programs often run \$25k a month.



THE CHURCH NEEDS HEALTHY MINISTERS.

Ministry in today's Church is challenging, and our clergy and religious face the same struggles with anxiety, depression, addiction and overwork commonly found in our culture as a whole. Our team of expert clinicians and spiritual integrators at Saint Luke Institute (SLI) is here to help when the ever-increasing demands of ministry threaten to overwhelm.

Although SLI had a long history of providing residential care, we now offer an Intensive Outpatient Program (IOP) at our Silver Spring, Maryland location. Our mission to support the mental and spiritual health needs of clergy and religious has not changed, but the way we deliver it has – in a structured, holistic outpatient community that fosters long-term recovery and a successful return to healthy ministry.



WHAT IS AN INTENSIVE OUTPATIENT PROGRAM?

Intensive outpatient treatment is a widely accepted level of care for individuals struggling with mental health and behavioral challenges who do not require 24-hour supervision. Our IOP closely mirrors the essential components of our former residential program.

Therapy is provided Monday through Friday between 9 a.m. and 5 p.m. Clients engage in a comprehensive program of individual and group therapy, skills and psychoeducational groups, art therapy and healthy lifestyle programs, as well as spiritual integration groups. We also provide EMDR and biofeedback as needed. IOP clients can focus on their emotional and spiritual healing in a structured setting without the restrictions of 24-hour residency while relieved of daily ministry assignments.



HOW IS IOP DIFFERENT FROM OUTPATIENT TREATMENT?

IOP is *integrated*. You work with a team of professional care providers – physicians, psychologists, psychiatrists, spiritual integrators as well as a nutrition and exercise coach. They communicate with each other to provide a comprehensive therapeutic environment. With outpatient treatment it is up to you to assemble a professional team and facilitate their commitment to coordinate your care holistically.

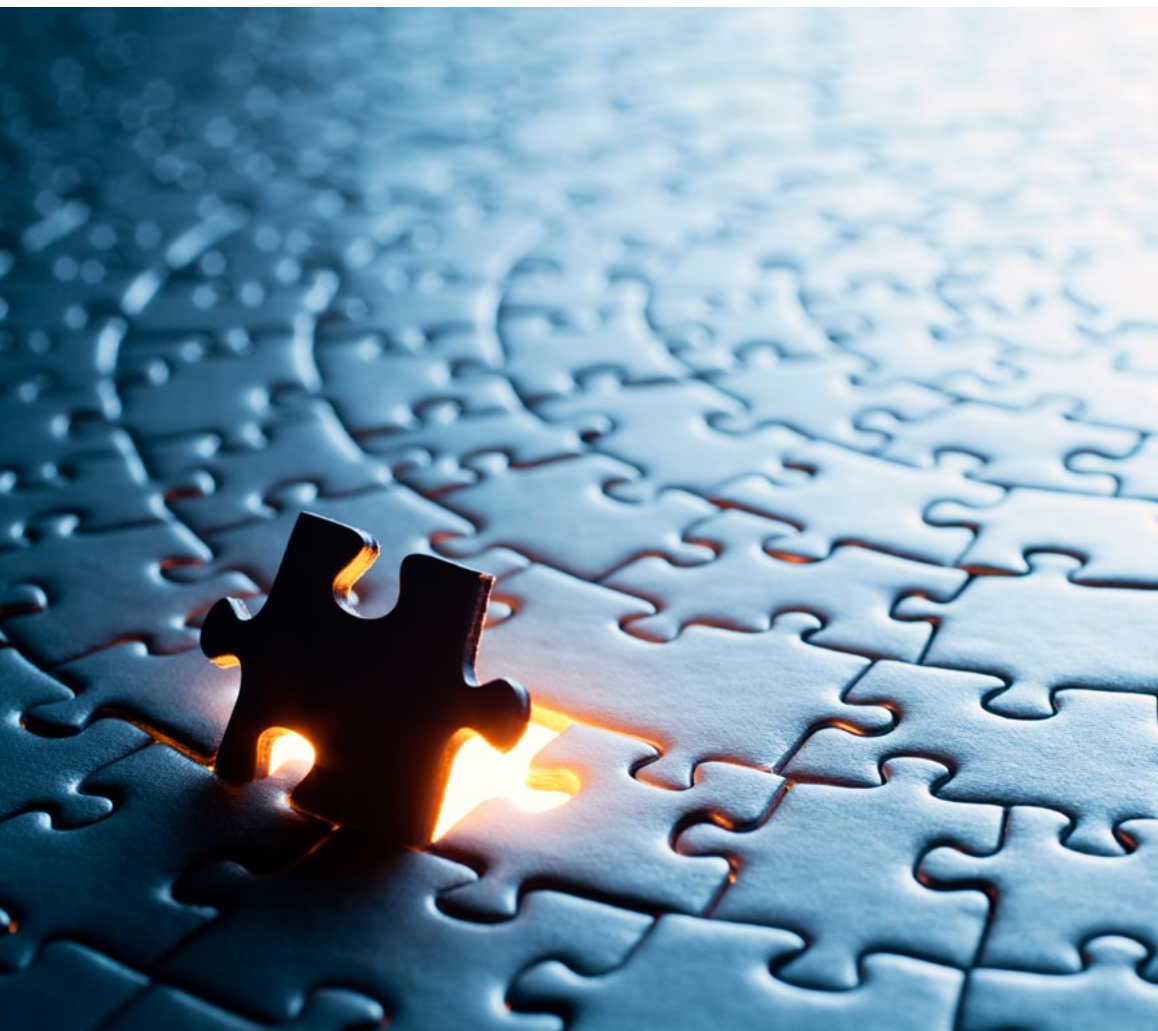
IOP is *intensive*. You step away from ministry to focus all your attention on growth and wellness. You meet with your primary therapist twice a week, versus weekly or monthly in outpatient treatment. You have weekly meetings with your spiritual integrator, as opposed to once a month. You can address your issues with a concentrated, comprehensive focus. Research shows this format results in progress sooner.

HOW IS IOP DIFFERENT FROM RESIDENTIAL TREATMENT?

Residential treatment is recommended for those who require more supervision. Individuals struggling with issues such as self-harm, severe trauma, psychosis, or debilitating cognitive decline would not be suitable for an outpatient program.

With IOP you maintain the rhythms of daily life in the evenings and on weekends, when you are free to relax, read, pray or explore historical and cultural Washington, DC. This schedule also facilitates a more natural transition back to ministry after completing the program. You maintain cell phone and internet access. You remain more connected to everyday life. You are more autonomous and more responsible for your self-care.

	OUTPATIENT THERAPY	INTENSIVE OUTPATIENT THERAPY	RESIDENTIAL TREATMENT
Individual Therapist	✓	✓	✓
Group Therapy		✓	✓
Psychiatrist		✓	✓
Physician		✓	✓
Nursing Care		✓	✓
Spiritual Integration		✓	✓
Spirituality Groups		✓	✓
Nutrition & Exercise		✓	✓
Integrated Clinical Team		✓	✓
Biofeedback & EMDR		✓	✓
Continuing Care Team		✓	✓



WHAT KINDS OF ISSUES ARE TREATED IN IOP?

Clients come to Saint Luke Institute for help with a variety of concerns. They might be dealing with depression or anxiety, trauma or interpersonal struggles such as personality or boundary issues. Some of our clients seek assistance with prolonged grief. Others struggle with substance use disorders or behavioral addictions like gambling.

IS IOP THE RIGHT FIT?

Our expert team of licensed clinicians and spiritual integrators determines what is best for you and recommends the appropriate level of care following a five-day, comprehensive physical, psychological and spiritual assessment. We provide the client and his or her ecclesial or religious superior with a comprehensive oral feedback session as well as a detailed written report and recommendations to determine the appropriate next steps.



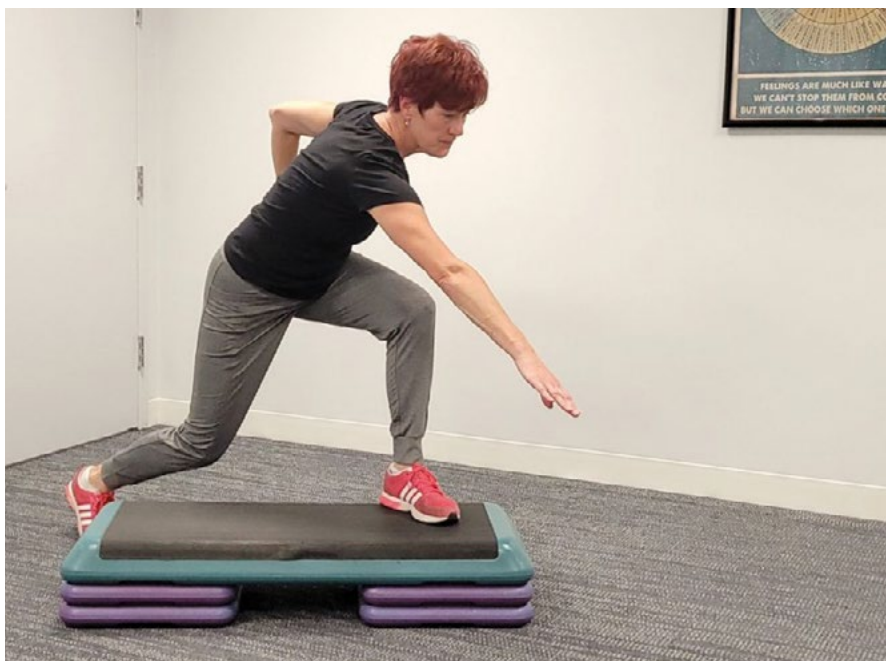
WHAT IS THE SPIRITUALITY COMPONENT OF IOP?

Psychological issues impact one's spiritual life, prayer life and sense of connection with God. Many of our clients have lost sight of the grace that underpins their life and vocation. As a result of the issues they are wrestling with, their spiritual life has suffered. Through therapy and spiritual integration, we foster rediscovery of that fundamental grace. This form of counseling allows clients to integrate their therapeutic issues and experiences into a deeper, more intimate relationship with God.

Our spiritual integration team works closely with the clinical staff to integrate spirituality into treatment and recovery. IOP clients are scheduled for individual spiritual integration sessions weekly. We host centering prayer, *lectio divina* and weekly group discussions on spiritual topics, as well as days of reflection at an off-site retreat center. We provide a meditation room and offer Mass and the Sacrament of Reconciliation regularly. Mass is also offered at religious houses where many of our clients choose to reside.

HOW DOES IOP ADDRESS PHYSICAL WELLNESS?

Clients receive integrated fitness and nutritional counseling to maximize physical health. Fitness testing is provided by an onsite licensed physical therapist to assess strength, balance, flexibility, endurance, and mobility. Together, the client and therapist develop an individual fitness plan designed to restore movement, relieve pain, improve strength, and prevent injury. Group fitness classes help improve aerobic and strength conditioning.



ARE MEDICAL SERVICES AVAILABLE?

Yes. We have a psychiatrist and nurse on site. An internal medicine physician visits weekly and lab services are provided. Our psychiatrist and nursing staff consult with clients regarding symptom management, medication needs and any ongoing health issues. Additionally, Saint Luke Institute has established referral relationships with local healthcare providers for specialized medical or other support services.



WHAT IF I HAVE AN EMERGENCY AFTER HOURS?

We have an on-call staff clinician available throughout the evening and night as well as on weekends for mental health concerns. The care and safety of our clients is our primary concern.



WHAT WILL THIS COST?

We recognize that dioceses and religious communities are under enormous financial strain, so we created the IOP model to provide an alternative to the high cost of residential care.

Whereas residential programs can cost around \$25k a month, the IOP model runs about \$12k. You are not bearing the high cost of around-the-clock nursing care, housekeeping and maintenance, or a food service provider for clients who do not require that level of care.

Most importantly, insurance coverage that includes out-of-network services generally covers approximately 80% of the cost, which could reduce your out-of-pocket expenses to \$5k a month.

Every insurance policy is unique, and our accounting department is happy to assist you in determining your anticipated contribution. Additionally, no clergy or religious is denied admission or services based on an inability to pay.

ARE IOP CLIENTS SUPERVISED?

You will not be recommended for IOP if you require 24/7 supervision. Clients who need consistent monitoring are recommended for residential care elsewhere. IOP clients wrestling with substance use disorders may be asked to use a pocket-sized breathalyzer for random testing after clinical hours. Clients who have used this safety check report that testing negative affirms their progress; they experience positive reinforcement.



WHAT ABOUT MEALS?

Depending on your housing arrangements, you can pack a lunch or choose from several restaurants just outside our front doors. We maintain a lounge for IOP clients with coffee, snacks, a refrigerator and microwave for your convenience.

WHERE WILL I LIVE?

Our admissions director will provide you with a list of housing options to consider. Several religious houses and retreat centers in the area offer housing and meals to our clients. Some clients prefer extended stay hotels or providers like Airbnb or VRBO.

Fortunately, our office is in a convenient downtown area, just a five-minute walk from the Silver Spring Metro station. Clients may travel to and from our offices by car, ride share, or public transportation. Free parking is available on site.





HOW LONG IS THE PROGRAM?

The biopsychosocial spiritual model takes time. It is a comprehensive therapeutic approach and the length of stay is usually six months. Progress is assessed at regular intervals so it is possible to complete your goals in a shorter amount of time. Motivated clients with an intrinsic desire to change reap the greatest benefits and make progress more quickly.

At the conclusion of IOP, clients move to the Continuing Care program, where they receive support for five years.

WHAT HAPPENS WHEN I COMPLETE MY GOALS AND RETURN HOME?

Toward the end of IOP, clients begin planning how they will integrate their newly acquired insights and skills into lifestyle and ministry as they prepare to return home. Because the IOP format demands greater self-sufficiency, responsibility and accountability, improved long-term outcomes usually result.

Each client is assigned a Continuing Care liaison who works with them to develop a personalized recovery plan outlining the behaviors that will help maintain and ensure their recovery. Your liaison remains in contact by phone, Zoom or email. Once you are settled in back home, Continuing Care hosts a virtual re-entry workshop with you and your leadership. Workshops on various topics are conducted with other former clients every six months for three years. This is followed by two annual workshops, whereby clients are followed for a five-year period.



“We wanted a directive and challenging program of treatment for our confrere and Saint Luke Institute delivered it.”

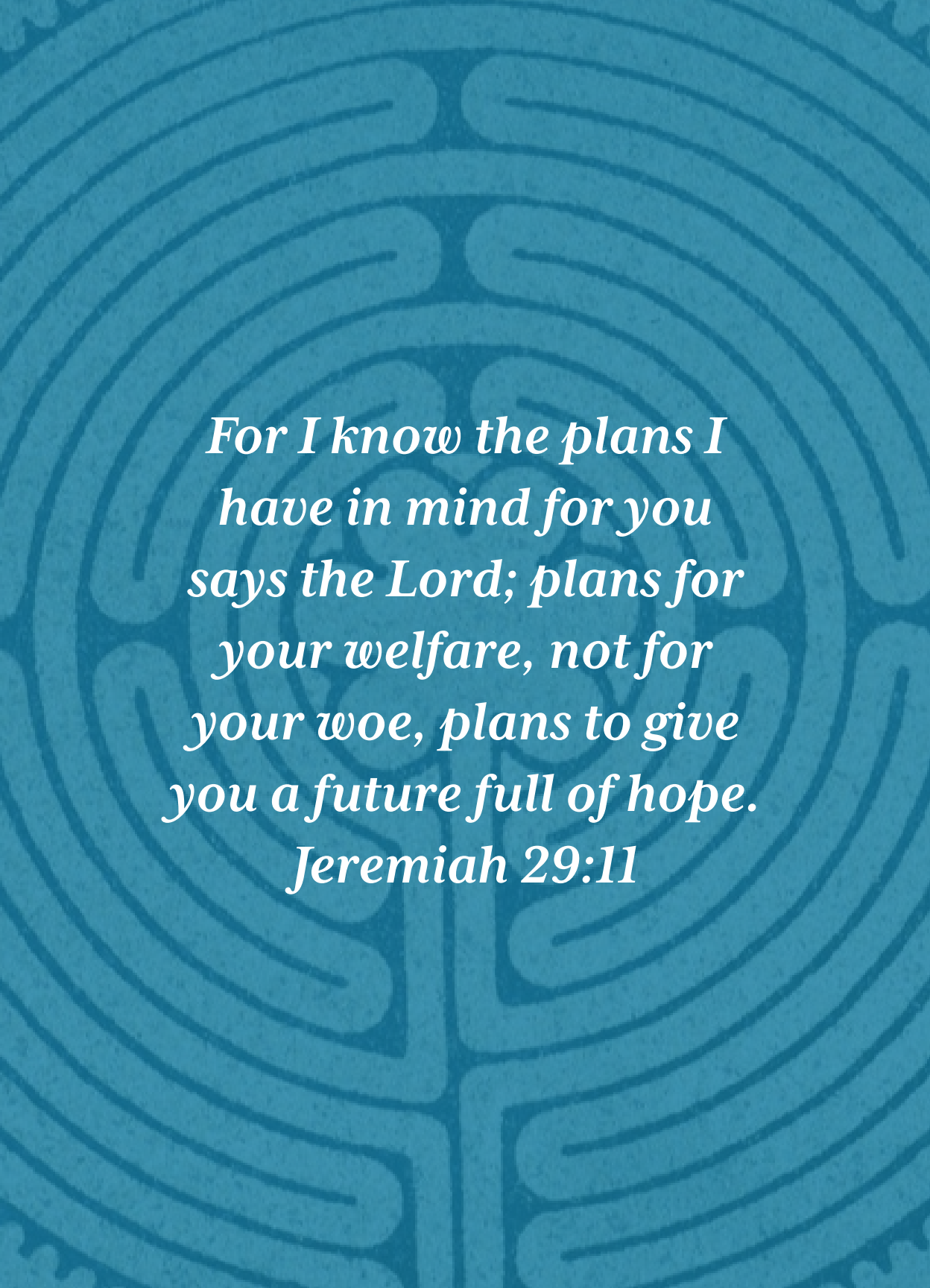
“We’ve experienced successful treatment for our priests.”

“The program truly met our needs. It has been a great gift for our confrere and our community.”

“I highly recommend the IOP for its knowledgeable staff and multipronged assessment and treatment approach.”

WHY CHOOSE SAINT LUKE INSTITUTE?

Saint Luke Institute has been providing high quality, compassionate care for clergy and religious for over 45 years. Our staff of clergy, religious and lay professionals understand, respect and value the religious vocations of those we serve. We understand the unique challenges that living a vocation demands. We know how to help you.



*For I know the plans I
have in mind for you
says the Lord; plans for
your welfare, not for
your woe, plans to give
you a future full of hope.
Jeremiah 29:11*

OUR MISSION

We participate in the healing ministry of Christ by promoting the health and well-being of Catholic clergy and women and men religious in the United States and abroad. To accomplish this task, we provide mental health treatment, offer education and wellness programs and conduct research. In these services, we strive to integrate the highest quality spiritual, psychological, and physical resources with the context of a Christian community. The Institute conducts its ministry in harmony with the teaching of the Catholic Church.



SAINT LUKE INSTITUTE

Fostering healthy ministers for a vibrant Catholic Church

SCHEDULING & ADMISSIONS

Michelle Short

Admissions Director

(301) 422-5429 | michelles@sli.org

CONSULTATION & QUESTIONS

For a consultation on the benefits of the IOP program or questions, please contact

Emily Ray, Ph.D.

Director of Clinical Services

(301) 422-5430 | emilyr@sli.org

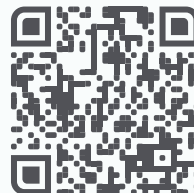
LEARN MORE

www.SLI.org/iop

8380 Colesville Road Suite 300

Silver Spring, MD 20910

(301) 445-7970



Saint Luke Institute is accredited by The Joint Commission.