

LINCOLN PRAIRIE  
BEHAVIORAL HEALTH CENTER



**JUNE 5-AUGUST 17**

# SUMMER IOP

..... **VIRTUAL** .....

**INTENSIVE OUTPATIENT  
PROGRAM**

.....

+ AGES 12-17  
+ **MONDAY-THURSDAY**  
**9A-12:30P OR 12P-3:30P**  
+ ACCESS TO PSYCHIATRIST  
WHILE IN THE PROGRAM  
+LGBTQ BREAKOUT SESSION 3P-3:30P  
DURING PROGRAM IF REQUESTED

TOPICS OF DISCUSSION:  
COPING SKILLS    STRESS MANAGEMENT  
PERSONAL WELLNESS  
SELF-ESTEEM    EMOTION REGULATION  
COMMUNICATION & SOCIAL SKILLS



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PRAIRIE**  
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[www.lincolnpairiebhc.com](http://www.lincolnpairiebhc.com)

Interested in learning  
more or accessing IOP  
services? Call:  
**AMELIA JOHNSON**  
OUTPATIENT MANAGER  
217.585.5661