Amery Hospital & Clinic
West Campus
HealthPartners®

BEHAVIORAL
HEALTH
CENTER

Structured Outpatient Program (SOP)

Specialized Care

The Structured Outpatient Program is a treatment regimen intended to meet your unique and individualized needs. Designed for adults who suffer from psychiatric, emotional or behavioral disorders, the Structured Outpatient Program offers comprehensive mental health care in an unrestrictive outpatient setting including:

- Individualized treatment planning
- Psychiatric services throughout stay
- Group Psychotherapy
- Skills training
- Family education
- Psychiatric medication checks
- Other community and social support systems
- Individual and family therapy as directed by clinical indication
- Coordinate with existing therapy
- Assistance with transportation to the program, if needed

Improve Health

Different than our inpatient, short stay unit, the Structured Outpatient Program provides the opportunity to focus on reducing mental health issues and improving your overall health while still allowing you to maintain your daily living situations and relationships.

Comfort and Support

The Structured Outpatient Program is designed for persons who need more support in dealing with behaviors or symptoms that may be interfering with social, vocational or educational functioning. Several signs include:

- Failing other less restrictive treatments
- Lack of energy or motivation
- Avoiding family and friends
- Constant worry
- Sleep irregularity
- Changes in appetite
- Confused/paranoid thinking
- Constant feelings of sadness/loneliness
- Loss of interest in daily activities
- Low self-esteem
- Change in temperament

Easy Enrollment - Easy as 1-2-3

Enrollment process begins with a simple phone call. No referral is needed. A request for care can come right from the individual needing care, a health professional or a family member.

1. **Simply call to schedule an intake consultation 715-268-0060.**
2. **You will be scheduled to meet with a BHC psychiatrist and group therapist.**
3. **Join the group!**

Structured Outpatient Program (SOP)
A winning combination with amazing results

SOP
Up to 11 hours of service per week includes

Psychiatric Consultation
Monthly

Group Therapy
Up to 3 groups per day
Groups 4-5 days/wk

Individual or Family Therapy
if needed