



# Muir Wood Teen Treatment Intensive Outpatient Program

## Trusted care. Tailored support. Seamless transitions.

Muir Wood is a proven teen mental health and substance use treatment leader with numerous in-network partners, and a 12-year track record of success throughout California. We provide nationally recognized, evidence-based treatment for teens ages 12–17 facing mental health and substance use challenges. Whether your teen is struggling with anxiety, depression, trauma, mood disorders, or substance use—they are not alone, and neither are you. We offer more than expert care. We offer the right support at the right time.

Our Intensive Outpatient Program (IOP) brings nationally recognized, evidence-based expert mental health and substance use treatment closer to home. With both IOP and residential levels of care available, families no longer have to travel far to get the comprehensive support their kids need. Whether it's day treatment or 24/7 care, Muir Wood is here, in the community, to serve teens and families—right where they are.

Our Intensive Outpatient Program (IOP) offers after-school care for teens who need more support than weekly therapy but don't require full-time treatment. It provides a flexible structure that helps teens develop skills, stay connected, and make meaningful progress—while continuing life at home and in school.

## We've helped thousands of families rebuild stability and strengthen relationships.



Call: 866-705-0828



Click: [muirwoodteen.com](https://muirwoodteen.com)

## Why families choose Muir Wood

**Convenient, accessible care**  
for teens and families in Clovis,  
Fresno, and Petaluma

**Continuum of care**  
Seamless coordination between our  
IOP and trusted residential programs

**Local commitment**  
We're here to serve your community  
with high-quality, teen-specific care  
from our expert team

**No need to travel far**  
Families can get the help they need  
close to home. Family therapy is  
woven into every step of the journey.

“Our IOP creates a safe, supportive space where teens can gain insight, build coping skills, and keep growing—without stepping away from daily life.”

– Ian Wolds, PsyD  
Chief Clinical Officer

Joint Commission  
Accredited





## Highly individualized, evidence-based treatment

Our IOP also serves as a step-down from residential treatment—ensuring a smooth transition, continued clinical progress, and support in applying new skills to real-world settings.



## What to expect in our Intensive Outpatient Program

Teens attend the Intensive Outpatient Program 3–4 days a week after school for group therapy, along with weekly individual therapy and bi-weekly family therapy sessions. The program also includes optional 12-step support for teens managing substance use, parent education and support groups, and dedicated care coordination with discharge planning.

Led by licensed clinicians, our IOP program reflects the same trusted approach as our residential one—rooted in compassion, consistency, and clinical excellence.

### Group topics include:

- Trauma recovery (Seeking Safety)
- Emotional regulation (DBT)
- Relapse prevention
- Values-based decision-making (ACT)
- Healthy relationships
- Planning for real-life challenges

Each week concludes with goal-setting and safety planning to reinforce progress and prepare for the days ahead.

"We truly believe that the work done at Muir Wood saved our daughter's life and restored our family's unity. We remain forever grateful for the unwavering support, expertise, and compassion you all demonstrated. Thank you for guiding us through one of the most difficult periods of our lives and for nurturing our daughter's path to recovery."

– Muir Wood Alumni Parent

## You can take the next step toward healing

Whether your teen needs more support, a structured step-down from residential care, or a new path forward, Muir Wood's IOP offers expert care that meets them where they are.



866-705-0828



[muirwoodteen.com](https://muirwoodteen.com)

**Intensive Outpatient Therapy**  
Clovis, CA • Petaluma, CA



In-network with most major insurers

