

# MedStar Georgetown University Hospital intensive outpatient program for young adults.



For young adults between the ages of 18 and 26, the Department of Psychiatry at MedStar Georgetown University Hospital, Division of Child and Adolescent Psychiatry, offers an intensive, multidisciplinary outpatient program designed to provide a higher level of care and support to help young people build the skills they need to manage their symptoms and navigate the transition to adulthood. Our team includes experienced psychiatrists, psychologists, social workers, and care coordinators.

## Who is this program for?

The program is for young adults who need more support than once-a-week therapy can provide. Our team works with young adults with the full range of mood disorders and mental health conditions, including:

- Depression
- Anxiety
- Bipolar disorder
- Psychosis
- ADHD and other executive functioning disorders
- Post-traumatic stress disorder
- Social skills deficits
- High functioning autism spectrum disorders

## What services does the program include?

Patients attend the program three days a week, three hours a day, for three months. They take part in various group therapy sessions that focus on multiple disciplinary approaches to care.

In addition to providing treatment for mood disorders and mental health conditions, therapy sessions also address the wide range of challenges young adults face, including transitions from home to college/living on their own, social anxiety, isolation, identity exploration, and self-care and wellness.

Therapies include:

- Cognitive behavioral therapy
- Dialectical behavioral therapy
- Mindfulness
- Movement-based therapy
- Development of coping and problem-solving skills
- Music and art therapy
- Nature-focused therapy
- Nutrition counseling
- EMDR (Eye movement desensitization and reprocessing)

Patients meet weekly with the program psychiatrist for individual therapy and medication management.

The team also provides support services and resources for parents, caregivers, and families.

To learn more or request an evaluation for a young adult who would benefit from the program, call **202-944-5400**.

**It's how we  
treat people.**

  
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