



INTENSIVE OUTPATIENT AND OUTPATIENT TREATMENT PROGRAM

Jenda's Intensive Outpatient and Outpatient Treatment Program is a clinical service provided by a dually licensed therapist with a focus on the treatment of mental health and substance use disorders.

Treatment consists of group and individual sessions which provide counseling and psychoeducation in some of the following areas:

- Relapse prevention planning
- Positive coping strategies
- Emotion regulations skills
- Interpersonal relationships and healthy boundaries
- Cravings and triggers
- Motivation and goal setting
- Rational vs irrational thoughts
- Self-care, self-esteem and confidence

*A recent evaluation (within the last 6 months) is required by insurance to justify level of care!

Please contact Denise Barrow with any questions at 402-474-0011 or email denisebarrow@jendafamilyservices.com

Please send all referrals with collateral to jendaclinic1@jendafamilyservices.com

Who: Adolescents

What: Co-Occurring
IOP and OP
Treatment Program

When: Monday,
Tuesday, Thursday

Time:

4:15 PM to 7:15 PM

Intensive Outpatient
Treatment generally runs 9-12
weeks.

Outpatient Treatment
generally runs 6-8 weeks.

Payment Sources Accepted: Self-Pay, Voucher, LOA, WellCare, NE Total Care, & United Health Care Community Plan. Other insurances may be accepted on a case by case basis.

JENDA FAMILY SERVICES
OUTPATIENT CLINIC
815 K ST
GROUP HELD AT
324 S. 9th St
both in
Lincoln, NE 68508
402-474-0011