Adolescent Mental Health Intensive Outpatient Program (IOP)

Coming December 1, 2026 | Ages 13–17

Pathways Behavioral Health is expanding its mental health services with the launch of our Adolescent Mental Health Intensive Outpatient Program (IOP).

Our program is designed to provide structured mental health treatment for adolescents ages 13–17 who need additional support beyond traditional outpatient therapy. The program focuses on helping adolescents manage emotional and behavioral health challenges, develop healthy coping skills, and improve their overall mental health and well-being.

Through a supportive group environment, adolescents will have the opportunity to strengthen communication, emotional regulation, problem-solving, and coping skills while working toward their individual treatment goals.

Program Information

Age Group: Adolescents ages 13–17

Location: Houston Office – In-Person

Schedule: Three days per week

Session Duration: 2–3 hours per group session

Insurance: Commercial insurance accepted, subject to eligibility, benefits, and authorization requirements

Anticipated Start Date: December 1, 2026

Supporting Adolescents and Families

Our program aims to provide a safe and supportive environment where adolescents can develop practical skills, build confidence, and receive structured mental health support. We recognize the importance of family involvement and encourage parents and guardians to remain engaged throughout their adolescent's treatment journey.

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Contact Us to Learn More

For information about eligibility, insurance verification, and enrollment, please contact Pathways Behavioral Health.

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