



The Laureate Chemical Dependency Outpatient Program (CD IOP) provides a structured level of care with frequent treatment sessions. Education, encouragement and support are available to help break the cycle of substance abuse and improve the quality of each participant's life.

The program offers professional counseling to assist with many topics:

- stages of change in the recovery process;
- life skills leading to sobriety;
- relapse triggers; and
- learning how to balance living.

The Laureate Mental Health Intensive Outpatient Program (MH IOP) provides a structured level of care through frequent treatment sessions. The program places an emphasis on depression, anxiety and mood disorders. With the provider's encouragement and support, participants begin recognizing coping skills to deal with individual life situations.

The program offers professional counseling to assist with many topics:

- understanding and managing their diagnosis;
- establishment of future hopes and goals;
- development of rational thinking;
- improving behaviors; and
- understanding the relevance of life experiences.

For more information on these programs, please call 918-491-5675 or visit saintfrancis.com/laureate.

MISSION

To extend the presence and healing ministry of Christ in all we do

VISION

Inspired to create a sustainable and just healthcare system, Saint Francis will be the technology-enabled health ministry that delivers integrated, market-leading, high-quality, affordable care through engaged caregivers to the people of eastern Oklahoma.

VALUES

EXCELLENCE

Promoting high standards of service and performance

DIGNITY

Respecting each person as an inherently valuable member of the human community and as a unique expression of life

JUSTICE

Advocating for systems and structures that are attuned to the needs of the vulnerable and disadvantaged and that promote a sense of community among all persons

INTEGRITY

Encouraging honesty, consistency and predictability in all relationships

STEWARDSHIP

Ensuring prudent use of talents and resources in a collaborative manner



Laureate

Psychiatric Clinic and Hospital

A part of Saint Francis Health System

6655 South Yale Avenue
Tulsa, Oklahoma 74136
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Anxiety and Depression Treatment Program



Laureate

Psychiatric Clinic and Hospital

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Anxiety and Depression Treatment Program

Laureate Psychiatric Clinic and Hospital in Tulsa, Oklahoma offers a comprehensive range of mental healthcare services. From full hospitalization to day treatment to outpatient services, our patients progress individually toward achieving their treatment goals.

Our Anxiety and Depression Program is designed for individuals needing short-term support services requiring immediate, mood stabilization for a situational crisis.

The program is designed for short-term stays, usually no more than seven (7) inpatient days with the opportunity for step-down to our intensive outpatient program (IOP). The IOP program allows continued treatment while living at home. The focus and goal of treatment is to promote positive coping skills to address challenging emotions, behaviors and life situations that have impacted the overall quality of life.

Our patients are generally physically healthy adults who are inspired to seek renewal in their overall well-being. Care is provided within a calm setting where patients feel safe.

Here at Laureate, we want you to know you are not alone. Our caring teams of mental health professionals will help guide you through the treatment process. For more information, please call 918-481-4000 or visit saintfrancis.com/laureate.

Who we serve:

- Those experiencing a situational crisis for the first time who typically function well in daily life
- Adults (aged 18 and up) who are generally physically healthy
- Those who are goal-focused and motivated to transform specific areas of their life
- Patients who have an essential desire to alter their thoughts, feelings and actions to improve on their overall life view

What we do:

- Provide situational crisis stabilization, plus immediate crisis interventions paired with continued skills development and goal achievements within a group setting
- Short-term stays in a private or semi-private room
- Opportunities for patients to explore and practice new skill sets in a nurturing and supportive environment
- Foster new techniques and capabilities to help patients approach life's uncertain circumstances in a healthier manner

When we can help:

- If a person is experiencing symptoms of anxiety and/or depression that interfere with daily living or a person's ability to cope. Common symptoms may include panic, disproportionate fear, intense sadness or difficulty controlling emotions. These symptoms may occur after a traumatic life event, such as sudden loss of a loved one, unexpected unemployment, illnesses, natural disasters or a health crisis
- Difficulty maintaining healthy relationships or are suffering the loss of a significant relationship
- When a higher level of care may be appropriate, but long-term psychiatric intervention has been deemed inappropriate
- Lacking the tools and skills necessary to function when faced with daily life situations

Two levels of care within one program:

- **Inpatient** – provides treatment and stabilization in a safe and structured environment. After inpatient treatment, patients are encouraged to extend treatment through our Intensive Outpatient Program.
- **Intensive Outpatient Program (IOP)** – provides intensive outpatient services with options to schedule individual therapy after completion. Medication management appointments are also available for scheduling.

Programs offered within IOP:

- chemical dependency
- mental health

