MENTAL HEALTH RESOURCES (MHR) is a multidisciplinary group practice that provides comprehensive mental health treatment. We are the only private practice in Memphis that offers an Intensive Outpatient Program (IOP) exclusively for mental health patients.

Our IOP consists of a three-hour per day program held in our private offices. MHR has met all state requirements necessary to provide this care, and is licensed by the state of Tennessee. We are contracted with numerous Managed Care Organizations and insurance companies to provide this service (e.g., Aetna, BHSG, Blue Cross, Cigna, Corphealth, HealthChoice, Magellan, United, Value Options, etc.).

MHR’s IOP was developed expressly for the purpose of accommodating the trends toward reduced hospital stays and providing an intensive therapeutic environment in an outpatient setting.

We have demonstrated through five research projects published in highly respected peer reviewed journals that our methods consistently result in significantly reduced psychiatric symptoms, improved functional capacities, and a very high degree of consumer satisfaction. The average number of IOP sessions is 17, occurring over seven weeks. The average IOP patient was in treatment three days per week, though some patients might need more visits earlier in treatment and fewer visits later in treatment.

Pre- and Post-treatment measures demonstrated very significant symptom improvements on all symptom scales (e.g., Depression, Anxiety, etc.). Indeed our Dose : Response curve (Figure 1) shows very significant reductions in depressive symptoms for those engaged in our treatment program. Very significant treatment effects were demonstrated on all measures of symptom severity and global distress.

Our consumer satisfaction surveys reveal that patients were uniformly Highly Satisfied with their treatment (Figure 2). On a scale of 1–4, patients rated the Helpfulness of our Program, Willingness to Recommend our Program, Overall Quality, Overall Satisfaction and Willingness to Come Back at 3.7.

![Picture](image-url)
Complex cases with multiple diagnoses were effectively treated in this program. In fact, compared to both local and national inpatient psychiatric patients, our IOP patients were significantly more distressed, endorsed a greater number of symptoms and to a greater degree of severity, but were successfully treated in our outpatient program.

MHR has demonstrated that our mental health IOP is a safe, clinically effective, cost efficient, less restrictive and highly rated consumer friendly service. We would welcome the opportunity to treat your patients and discuss our program with you.

To make a referral, either you or your patient may call us at 682-6136. We have Urgent appointments set aside for Intake admissions daily (Monday through Friday) and will schedule your patient as quickly as possible.