

Memphis Business Journal



5th Annual

Health Care Heroes

Awards



Edward A. Wise

*Executive Director,
Mental Health Resources*

One of the less savory results of a decade of managed care has been the closure of many mental health services, especially those on the inpatient side. Managed care tends to like a specific diagnosis and a quick, clean conclusion, which is just the opposite of most mental health care.

Ed Wise didn't fret about the new order of things, but

instead invented a new concept in mental health care, which is now being recognized across the U.S. as a model for the future.

Called an Intensive Outpatient Program, it was one of the first developed as a hospital diversion service recognizing the trend toward shorter hospital stays. But it still manages to provide the intensive care that was once only available inside the institutional walls.

It consists of three hours of group treatment each day, as frequently as five days a week. It's staffed by a psychologist, a master's level clinician and a psychiatrist. Psychiatric consults and medication management are also available if needed.

The program is designed for those who are in acute psychological distress and need therapy, problem-solving guidance and support. Three hours a day is enough time to address three major

areas, which Wise identifies as affect, cognition and psychophysiological.

In affective matters, patients are assisted in identifying their emotions and discovering appropriate ways to express them. In cognition, patients learn rational problem solving. In the psychophysiological area, they learn how bodily processes play a role in mental health. Learning to identify stress, for example, and how to release it can have a marked effect on a person's anxiety and outlook.

Wise is not one to keep things to himself. He's authored more than 24 peer review journal articles, with a concentration on using standard personality tests as an objective tool. He's now being called on to write about and speak on his model for intensive psychological treatment.

IOP is being recognized as an effective, lower-cost alternative to inpatient treatment.