

LGBTQIA+

Intensive Outpatient Program (IOP)

The LGBTQIA+ Intensive Outpatient Program (IOP) at UPMC Western Psychiatric Hospital offers evidence-based mental health care for adult members of the LGBTQIA+ community. The program provides support for those who are experiencing an abrupt or severe worsening of mental health symptoms related to:

- **Life transitions or changes.**
- **Suicidal thoughts or attempts.**
- **Self-care and day-to-day living.**

Program Components

The LGBTQIA+ IOP is a short-term, comprehensive outpatient treatment program. It recognizes the unique challenges of the LGBTQIA+ community and incorporates identity affirmation into treatment.

Participants receive three-hour group therapy sessions, three days a week, along with weekly individual therapy sessions and mental health medication management.

The program includes:

- **Support for acute symptoms and crisis behaviors to encourage mood stability and a return to standard outpatient treatment.**
- **Support for relationships with partners, families, and communities.**
- **Trauma-informed care that acknowledges previous life or treatment experiences.**

continued

LGBTQIA+

Intensive Outpatient Program (IOP)

Treatment Team

- **Leyna Bonanno, MS, NCC**
(She/They)
- **Daniel Duffy, LSW**
(He/Him/His)
- **Sarah Lim, MD**
(She/Her/Hers)
- **Nicole Swett, RN**
(She/Her/Hers)

Consultation Team

- **Dana Rofey, PhD** (She/Her/Hers)
*Behavioral Lead, Gender and Sexual Development Center
Clinic Director, Pittsburgh Obesity, Weight, and Emotion Research Lab
Codirector, Child Center for Advanced Psychotherapy
Associate Professor, University of Pittsburgh School of Medicine,
Department of Psychiatry and Pediatrics*
- **Morgan Faeder, MD, PhD** (He/Him/His)
*Director, UPMC Consultation-Liaison Psychiatry Fellowship
Assistant Professor, University of Pittsburgh School of Medicine,
Department of Psychiatry and Neurology*
- **Kristen Eckstrand, MD, PhD**
*Medical Director, UPMC LGBTQIA+ Health
Medical Director, SAFE, SAFETY, and PFE Programs,
UPMC Western Psychiatric Hospital*

About Us

UPMC Western Psychiatric is recognized by the Human Rights Campaign Foundation for LGBTQIA+ health care equality, excelling in:

- **Foundational elements of LGBTQIA+ patient centered care.**
- **LGBTQIA+ patient services and support.**
- **LGBTQIA+ patient and community engagement.**
- **Employee benefits and policies.**

Contact Us

UPMC Western Psychiatric Hospital

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Referrals

To make a referral to the LGBTQIA+ IOP, please visit [UPMC.com/iopphpreferral](https://www.upmc.com/iopphpreferral).

