

PIPER IOP Exclusion Criteria

PIPER may not be the best fit if you need a higher level of care or specialized treatment that the program cannot provide. This may include:

- **Other conditions needing specialized treatment**, such as substance use or eating disorders that are not yet stable or being treated.
- **Difficulty participating safely in group treatment**, including challenges with emotional or behavioral regulation, relationships, impulse control, or following basic group expectations.
- **Conditions that make it difficult to participate meaningfully in treatment**, such as certain cognitive, developmental, or brain-related conditions.
- **Current mental health symptoms that require more frequent or intensive support**, such as:
 - Frequent or increasing mental health crises
 - Ongoing or escalating suicidal ideation or self-harm risk that requires near-daily monitoring, assessment, or stabilization
 - Psychosis or mania that is not yet stable
 - Other symptoms that require more monitoring or support than PIPER can provide
- **Significant difficulty managing daily life**, including being unable to consistently care for yourself, meet basic daily needs, or participate meaningfully in treatment.

If PIPER is not the right level of care for you at this time, we will work with you to identify other services that can better meet your needs. If these needs are present, a higher level of care (such as a partial hospitalization or inpatient program) may provide more support. If PIPER isn't the right fit, we will do our best to help connect you with appropriate resources.

Determining the Right Level of Care

PIPER considers each person's current needs and the level of support that will help them participate safely and effectively. Decisions are based on more than diagnosis alone. Sometimes, a different type or level of care may be a better fit. This could include PHP,

inpatient care, substance use or eating disorder treatment, or more intensive or specialized therapy such as DBT.

If PIPER is not the right fit at this time, we will work with you and, when possible, your current providers to help connect you with appropriate care and support a smooth transition.

Our goal is to make sure each person receives care that is safe, appropriate, and matches their individual needs.