

# Department of Psychiatry and Behavioral Health

## Integrated Psychiatric Services

### Integrated Psychiatric Services

**Integrated Psychiatric Services (IPS)** provides a wide range of programming designed to meet the needs of people with serious psychiatric disorders. Our aim is to help individuals in achieving greater satisfaction and success in daily living by maintaining symptom stability and preventing relapse, recovering from drug and alcohol misuse, and improving physical health and wellness. In addition to specialized inpatient services (acute exacerbation of severe psychiatric disorders; geriatrics) at the St. Luke's campus and a unique Residential Community Service, outpatient services include Case Management Clinic, day treatment programs with differing focuses and levels of intensity. Collaboration with referring organizations is a priority. All of our programs are staffed by multidisciplinary treatment teams with extensive experience serving people with severe psychiatric disorders.

All services at IPS are informed by a recovery model, with an accent on work and education, where we incorporate employment-related services into clinical treatment. Our goal is to have all patients engage in some vocational, pre-vocational, or educational activity either at our site or outside of the program. "We're excited to raise awareness and expectations for consumers who suffer from severe mental illness," says Hunter McQuiston, MD, Director of IPS. "Through our rehabilitation program we concentrate on people's own recovery goals, including focusing on the number of consumers competitively employed or engaged in educational and training programs."

### Treatment

Outpatient treatment at IPS begins with a comprehensive assessment. This is an opportunity for potential patients to talk with a clinical staff member about their needs and goals, and for us to figure out together what services can help the most. Once accepted for treatment, patients work with a primary therapist and a psychiatrist. Primary therapists provide support in developing and reaching goals through individual, group and family therapy, and assist in obtaining necessary benefits and services. Psychiatrists and psychiatric nurse practitioners assess and manage medication needs, as well as ensure that patients maintain health and wellness. The type and amount

of rehabilitation is individualized and can be easily adjusted as a patient's goals and personal needs change.

Individuals participating in day treatment services also work closely with occupational therapy staff to develop a comprehensive recovery plan appropriate to their level of functioning. Family consultation, psychotherapy, rehabilitation services, substance misuse counseling and treatment, and an array of support groups are offered in all IPS programs.

### Outpatient Programs

IPS Outpatient Services includes the Case Management Clinic and the Integrated Treatment and Recovery Program (ITRP). The Case Management Clinic is an excellent choice for people seeking a clinic level of care, with a focus on supportive services and medication management. ITRP is a continuing day treatment program with daily attendance, either in the morning or afternoon based upon functioning, chemical misuse issues, and overall treatment goals. On-site volunteer opportunities and linkages to closely affiliated vocational programs are scheduled throughout the day to avoid conflicting with treatment groups.

### Admission Criteria

IPS welcomes referral of individuals over the age of 18 who meet the following admission criteria:

- Axis I diagnosis of severe mental illness
- With or without chemical abuse/dependence
- No mental retardation

### Staff

IPS is staffed by an interdisciplinary team of psychiatrists, nurse practitioners, social workers, clinical psychologists, substance abuse specialists, nurses, and occupational and recreational therapists. As part of the Department of Psychiatry and Behavioral Health at St. Luke's and Roosevelt Hospitals, IPS is committed to the education of future clinicians. In keeping with that tradition, our staff includes psychiatry residents and fellows, psychology trainees, and students from a variety of other mental health disciplines.

### Information and Referral

Providers considering referring their patients to an IPS outpatient program can contact our referral line at **(212) 523-4093**. You can also reach us by fax at **(212) 523-4069**.

### Location and Hours of Operation

Monday–Friday, 9:00 AM–5:00 PM

#### St. Luke's Division

411 West 114th Street  
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