



New LGBTQIA+ Intensive Outpatient Group (IOP) for Adolescents *in Havertown*



Onward Behavioral Health is pleased to announce an Intensive Outpatient Group (IOP) for LGBTQIA+ youth! The group is designed to meet the unique mental health needs of adolescents experiencing symptoms that may be related to their sexual and/or gender identity.

The IOP group is appropriate for any young person who may be experiencing psychosocial stressors or dysfunction related to or exacerbated by sexuality or orientation issues.

Though not all LGBTQIA+ youth experience emotional stress because of who they are, they will still benefit from being in a group setting that is safe, supportive, and encourages expression of feelings, thoughts, and opinions connected to sexuality and orientation.

Additionally, the IOP group encourages involvement from family and caregivers to help navigate issues that may arise in the home environment. The LGBTQIA+ group is available to youth ages 14 -18 and is facilitated by Jim Jacobs, MHS and Clinical Supervisor at the Havertown, PA program.

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GROUP SCHEDULE

Monday, Wednesday, Thursday and Friday: 3:30 PM - 5:45 PM

Family Group: Thursdays 3:30 PM - 5:45 PM

Parent Support Group (no clients): Saturdays 10:00 AM - 11:30 AM

To refer or more information, please contact
Regan Sarmiento, M. Ed., Adolescent Services Liaison
at rsarmiento@lifemgmt.org or (215) 292-5261

About the Therapist



Jim Jacobs, MHS has been a member of the Onward Behavioral Health team since 2015 and is a Rehab After Work Clinical Supervisor and facilitator of a robust IOP group focused on substance abuse treatment at the Havertown, PA program.

Jim received his Master's degree in the field of Human Services in 1992 from Lincoln University and has over thirty years' experience working with adolescents in the mental health and substance abuse communities.

Jim's professional history includes working in psychiatric hospitals, substance abuse treatment residential programs, mental health residential programs, outpatient therapy, shelters and schools.

Jim's passion for the LGBTQIA+ community includes providing an environment of safety, emotional support, and opportunity for education with an emphasis on allowing expression of feelings, thoughts and opinions related to gender identity and sexual orientation.

About The Light Program

The Light Program consists of 10 programs located in southeastern Pennsylvania that provide mental health outpatient programs to treat individuals in crisis or struggling to function on a regular basis. Our mental health Intensive Outpatient Programs (IOP) and Partial Hospital Programs (PHP) consist of an initial individual session establishing person-centered treatment goals followed by regularly scheduled group and individual counseling sessions; individual and family sessions are provided on an as needed basis. A qualified therapist leads the counseling sessions and is trained to assist each client in meeting their personally pre-defined treatment goals.



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