

ADULT INTENSIVE OUTPATIENT PROGRAM

Managing Everyday Life

HealthONE Behavioral Health & Wellness Center, a leader in short-term mental health services, has developed a new choice for treatment of adults struggling with life's challenges. The intensive outpatient program (IOP) uses structured experiences, including cognitive, behavioral, dual diagnosis and trauma informed therapies to provide patients with important tools for emotional well-being. The program provides the tools needed to achieve mental well-being while providing the necessary flexibility to take care of personal and professional commitments. This program empowers adults to explore their own healing and growth, with the support of a group setting.

THIS PROGRAM IS APPROPRIATE FOR ADULTS STRUGGLING WITH:

- Substance abuse
- Crisis management
- Depression and/or anxiety
- Management of daily living skills
- Medication management and compliance
- Self-injury
- Difficulty regulating feelings
- Short attention span, inability to concentrate on tasks
- School failure

OUR PROGRAM

HealthONE Behavioral Health & Wellness Center's Intensive Outpatient Program provides a wide array of structured therapy and evidence based practices. Interventions include support in developing new life skills, practicing emotional regulation, building positive relationships, and creating positive coping strategies. Participants will attend a minimum of three sessions per week and learn how to achieve a healthy life balance.



Adult groups are offered Monday – Thursday
from 12 – 3 p.m. as well as 5 – 8 p.m.
at Centennial Hospital.

**SCHEDULE AN ASSESSMENT BY CALLING
303-269-3303**

We accept most insurance plans, Medicaid, Medicare, Tricare, and offer a sliding fee scale. Please call to review individual benefits.



Behavioral Health & Wellness Center
A Campus of The Medical Center of Aurora

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