

ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

Managing Everyday Life

HealthONE Behavioral Health & Wellness Center, a leader in short-term mental health services, has developed a new treatment choice for adolescents struggling with life's challenges. The intensive outpatient program (IOP) is designed to provide age appropriate support to help adolescents maintain mental and emotional health. We aim to help patients achieve balance and resiliency in decision making through growth milestones. The program is led by an experienced, interdisciplinary treatment team that integrates the latest clinical research to provide adolescents with new tools to master the practical challenges of everyday life.

THIS PROGRAM IS APPROPRIATE FOR ADOLESCENTS STRUGGLING WITH:

- Crisis management
- Depression and/or anxiety
- Management of daily living skills
- Medication management
- Self-injury
- Substance abuse
- Anger outbursts
- Difficulty sleeping
- Isolation from others
- Difficulty verbalizing thoughts and ideas

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.



Adolescent groups are offered
Monday – Thursday from 3:30 – 6:30 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

14100 E Arapahoe Rd. Ste. 330, Centennial, CO 80112
HealthONEcares.com/CentennialWellness