

# We are here to help.



## Symptom Management Intensive Outpatient Program (IOP)

Our **Symptom Management IOP** program provides treatment to clients living with diagnoses such as Major Depressive Disorder, Bipolar Disorder, Schizoaffective Disorder, and Schizophrenia. The program utilizes a strengths-based model and IOP clinicians use a variety of evidence-based practices such as CBT, DBT, and psychoeducation.

### IOP Goals:

- Learn about mental health diagnoses
- Gain skills and tools to manage symptoms
- Develop a recovery plan that supports long-term symptom management
- Work with an integrative team including clinicians, psychiatric providers, case managers and RNs to support wrap-around, collaborative treatment



**Mondays, Wednesdays & Fridays**  
**1:00 pm - 4:00 pm**  
**Ansonia Clinic**  
**435 East Main Street**  
**Ansonia, CT**

Call **(203) 800-7177** or visit **BHcare.org** to learn more.