

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, Tuesdays & Thursdays
10:00 am - 1:00 pm
Branford Clinic
14 Sycamore Way
Branford, CT

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