

We are here to help.



Dual Diagnosis

Intensive Outpatient Program (IOP)

Our **Dual Diagnosis IOP** is for clients diagnosed with co-occurring mental health and substance use disorders. The program utilizes a harm reduction approach and includes evidence-based practices including CBT, DBT and seeking safety.

IOP Goals:

- Work with integrative team including clinicians, psychiatric providers, case managers and RNs to engage in collaborative treatment.
- Learn skills and tools to support your healing and wellness.
- Engage in a harm reduction model of treatment designed to support you in your individualized recovery plan.



Mondays, Wednesdays & Fridays
10:00 am - 1:00 pm
Ansonia Clinic
435 East Main Street
Ansonia, CT

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