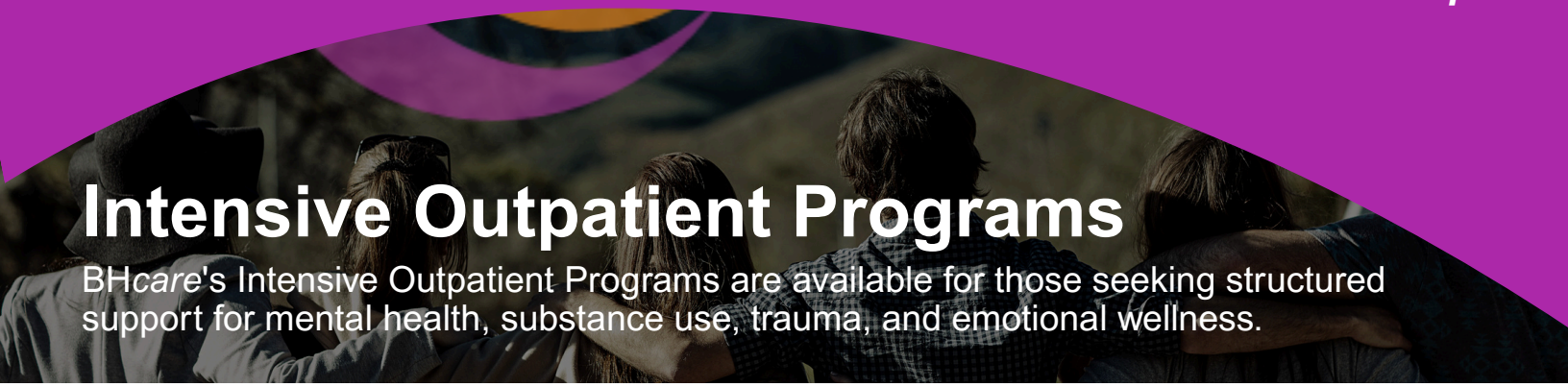
North Branford *We Are Here to Help.*



Intensive Outpatient Programs

BH*care*'s Intensive Outpatient Programs are available for those seeking structured support for mental health, substance use, trauma, and emotional wellness.

Dialectical Behavior Therapy (DBT) IOP

Helps individuals build skills in emotional regulation, distress tolerance, mindfulness, and healthy relationships while developing practical tools for everyday challenges.

Dual Diagnosis IOP

Supports individuals with co-occurring mental health and substance use disorders through evidence-based treatment that promotes recovery and long-term wellness.

Symptom Management IOP

Provides support and skill-building for individuals managing depression, bipolar disorder, schizophrenia, and other mental health conditions while promoting long-term recovery

Substance Use Disorder IOP

Supports individuals in achieving lasting recovery through evidence-based treatment, relapse prevention strategies, coping skills development, and peer support.

Young Adult IOP

Helps young adults ages 18-29 develop coping skills, build healthy relationships, strengthen emotional wellness, and navigate life's challenges.

Work-Life Wellness IOP

Supports working professionals in managing stress, relationships, trauma, and work-life balance while improving overall emotional well-being.

Scan to learn more about our IOP Programs

28 Branford Rd. North Branford, CT 06471

BHcare
Hope · Health · Recovery