



Symptom Management IOP

About the Program:

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.

Program 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

IOP Details

Meets: Mondays,
Wednesdays & Fridays

Time:
1 PM - 4 PM

Location:
435 East Main St.
Ansonia, CT

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



Scan to learn more about our IOP Programs
435 East Main St. Ansonia, CT