Valley

We Are Here to Help.



Intensive Outpatient Programs

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

Dialectical Behavior Therapy (DBT) IOP

Designed for individuals struggling with emotional regulation, distress tolerance, and relationship challenges. Participants learn skills in mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

Dual Diagnosis IOP

For individuals experiencing both mental health and substance use challenges. This program uses a harm reduction approach and evidence-based therapies to support whole-person recovery and wellness.

Symptom Management IOP

Supports individuals living with depression, bipolar disorder, schizophrenia, and other serious mental health conditions. Participants gain tools to better understand and manage symptoms while building a long-term recovery plan.

Women's Trauma IOP

A safe, supportive environment for women healing from traumatic experiences. Participants build resilience, strengthen coping skills, improve emotional regulation, and develop healthy relationships

Young Adult IOP

Designed for young adults ages 18-29. Participants build coping skills, strengthen relationships, improve emotional wellness, and navigate life's challenges through trauma-informed group treatment.

Scan to learn more about our IOP Programs

435 East Main St. Ansonia, CT

BHcare
Hope · Health · Recovery