

Contact Us

For further information, please call our confidential voicemail at **860-679-2553** or visit our website at **psychiatry.uhc.edu**.

Psychiatric Intensive Outpatient Program

The Psychiatric Intensive Outpatient Program is geared to patients who have primary mental health issues.

Hours: Monday, Tuesday, and Thursday mornings, 9 a.m. to 12 p.m.

Dual Diagnosis Intensive Outpatient Program

The Dual Diagnosis Intensive Outpatient Program is for patients who have challenges with drug and/or alcohol abuse or dependency and mental health issues.

Hours: Monday, Wednesday, and Thursday afternoons, 1 to 4 p.m.

OUR LOCATION AND DIRECTIONS

Our programs are located on the 5th floor of the John Dempsey Hospital on the campus of the UConn Health Center.

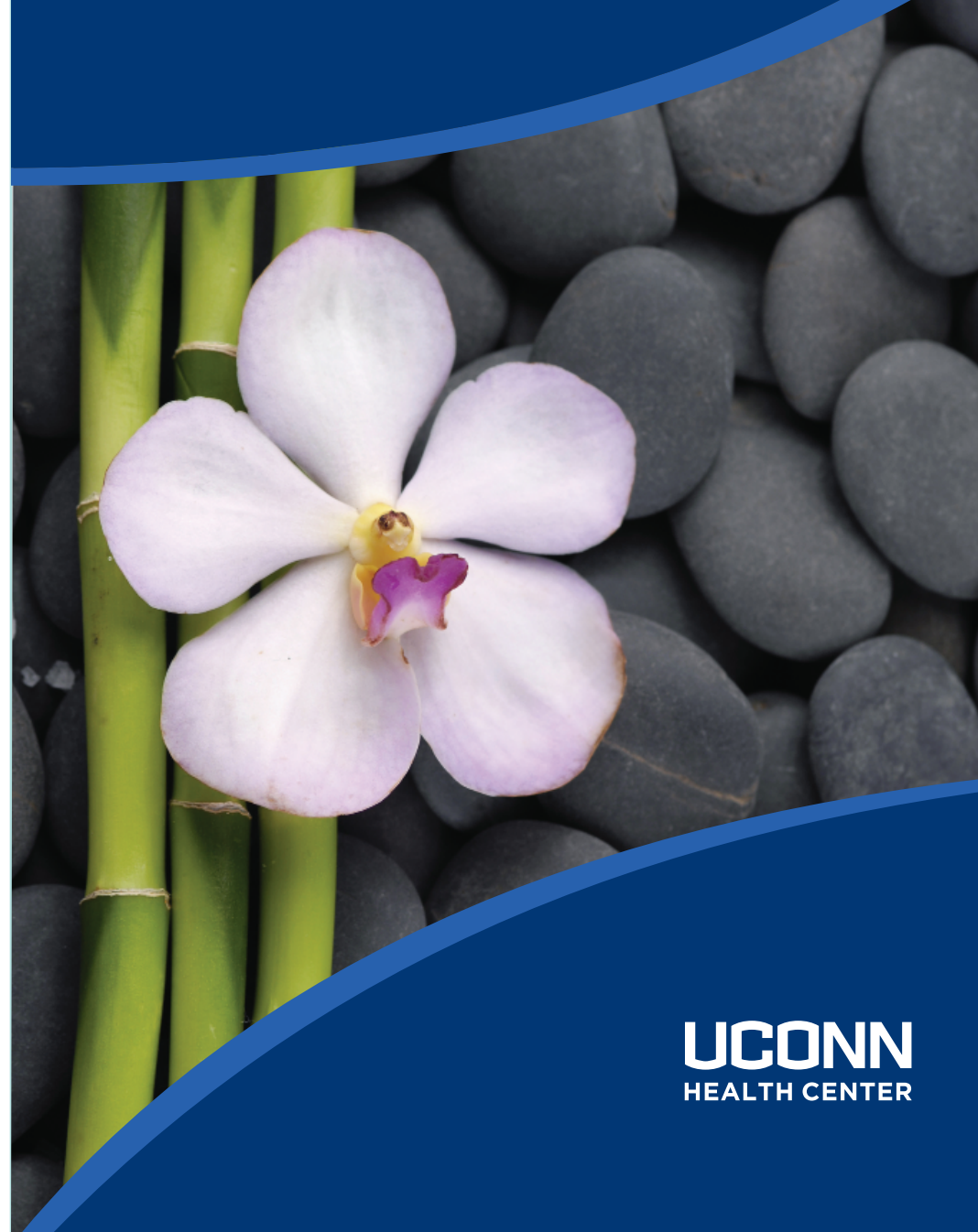
Directions are available on our website at **uhc.edu** or by calling **800-535-6232** or **860-679-7692**.

UConn Health Center
263 Farmington Avenue
Farmington, CT 06030
800-535-6232, 860-679-7692
uhc.edu

12/2013

JOHN DEMPSEY HOSPITAL

Adult Intensive Outpatient Program



UCONN
HEALTH CENTER

ABOUT THE PROGRAM

The Adult Intensive Outpatient Program is a short-term, group based, day treatment program specifically designed for individuals seeking additional support in their recovery. The IOP is a voluntary program that could be used in combination with other outpatient treatment. It may serve as a transitional program for individuals going from inpatient to outpatient care, to shorten inpatient hospitalization, or to avoid the need for a higher level of care.

The Intensive Outpatient Program is geared towards individuals with a primary mental health diagnosis. The Dual Diagnosis Outpatient Program is for individuals that have challenges with mental health issues and alcohol or drug dependency. In both programs, individuals benefit from psychotherapeutic services, on a three day per week, three hour per day schedule. Individuals are able to learn about their disorders and to acquire new coping skills. Individuals in the Intensive Outpatient Program have the opportunity to utilize the therapeutic groups to better understand problematic patterns as they maintain or reinstate life role functions and supportive connections in the community.

REQUIREMENTS

- Female or male: 18 years of age or older
- Do not require a hospital level of care
- Require a program structure and support to control emotions and behaviors
- Are actively working with an outpatient team

GOALS

- Develop healthy coping skills
- Interrupt disordered thoughts and behaviors
- Reintegrate into work, school, family and friends
- Acquire relapse prevention skills
- Obtain skills to manage anxiety and impulsivity
- Acquire skills to manage dysregulation

TREATMENT INCLUDES

- Group therapy
- Individual therapy
- Psychopharmacology
- Case management - including coordinated care with the individual's outpatient treatment team
- Discharge planning

"Growth means change and change involves risk, stepping from the known to the unknown."