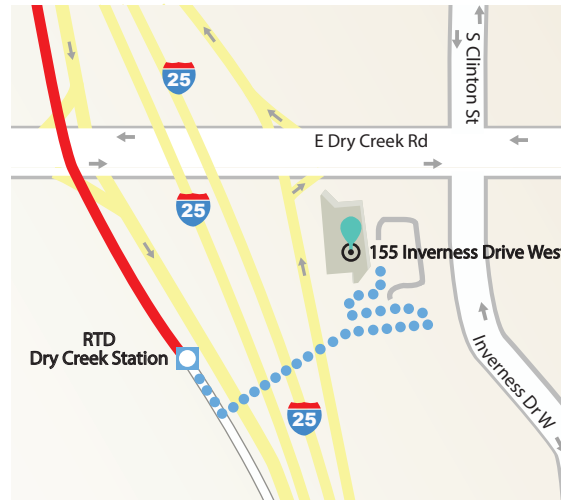


C Who We Are

AllHealth Network has over 200 clinical providers and more than 25 psychiatrists and nurse practitioners. We have providers located in area schools, jails, with law enforcement, and at our 11 physical locations in Littleton, the DTC, Parker, Castle Rock, and Highlands Ranch.

Depression IOP Details

- The program runs for 3 hours every Monday, Wednesday and Thursday evening for the convenience of those who are also trying to balance work, family, and other life responsibilities.
- Most clients participate in our IOP for approximately 4 - 6 weeks. However, this varies based on the individual client's needs.
- Individuals with a primary diagnosis of depression are appropriate for the program.
- We welcome adults ages 18 and older and all genders.
- For more information on admission or to make a referral, email The MOSAIC Center for Positive Living at MOSAICIop@allhealthnetwork.org or call us at 303.730.8858.
- We accept Medicaid, as well as commercial insurance plans.



**155 Inverness Dr. West,
Englewood, CO 80112**

Located at the RTD **Dry Creek** light rail station
(E, F, and R lines)

Transportation vouchers may be provided
to those who qualify

Name: _____

Date & Time: _____

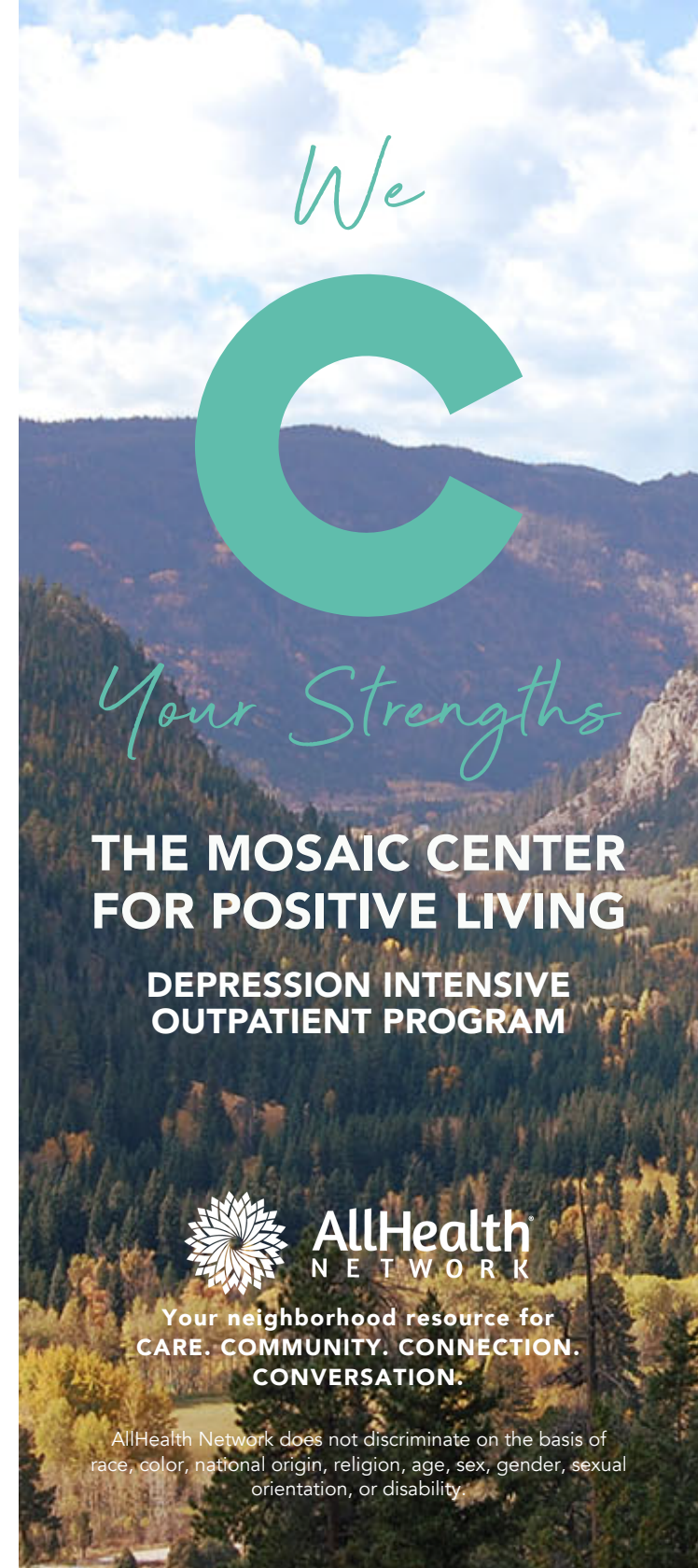
Information & Appointments:
303-730-8858

Emergency & Crisis Intervention:
303-730-3303

Available 24/7, 365 days a year



AllHealthNetwork.org



We



Your Strengths

**THE MOSAIC CENTER
FOR POSITIVE LIVING**

**DEPRESSION INTENSIVE
OUTPATIENT PROGRAM**



**AllHealth
NETWORK**

**Your neighborhood resource for
CARE. COMMUNITY. CONNECTION.
CONVERSATION.**

AllHealth Network does not discriminate on the basis of
race, color, national origin, religion, age, sex, gender, sexual
orientation, or disability.

**WE C A BRIGHTER
FUTURE**

The MOSAIC Center for Positive Living offers healing for individuals living with a behavioral health condition that interferes with their lives. The Center incorporates a holistic approach to treatment that addresses the interconnectedness of physical, mental, and social aspects of well-being.

The MOSAIC Center

- Medically integrated, Multi-disciplinary team.** Our team consists of licensed, masters-level clinicians, a registered nurse, a psychiatrist, and a peer. To ensure consistent quality care, our highly trained staff receive ongoing supervision and support from clinical experts.
- Outcomes based.** Outcomes are used to track progress, determine how to individualize treatment and maximize the likelihood of success.
- Strengths focused.** Our team collaborates with clients to help them identify their strengths, build on those qualities, and increase their overall sense of well-being.
- Action oriented.** Therapists and clients work together to develop individualized action plans that increase engagement in one's life and create more opportunities for personal success.
- Individualized and group-based treatment.** Our program provides both group and individualized treatment on a daily basis. Every client has a private space in our office with an opportunity to apply group-based learning to their individual life situations with the support of The MOSAIC Center staff.
- Cognitive and behavioral therapies.** The program incorporates a purposeful blend of evidence-based practices including Behavioral Activation, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, mindfulness, motivational enhancement and self-compassion.



What is an IOP?

Do you and your outpatient clinician think you could benefit from more intensive treatment? Are you noticing that your symptoms are getting worse over time?

If so, an Intensive Outpatient Program (IOP) offers treatment to address your behavioral health needs using a more accelerated and comprehensive approach. Participating in an intensive program allows you to decrease your symptoms and return to a more healthy and positive lifestyle.

Our IOP provides an intensive and holistic approach to treatment that allows clients to achieve a healthy and positive lifestyle in a faster, more efficient manner.

IOP provides short-term treatment (4-6 weeks) for individuals who need more than the traditional outpatient counseling. Individuals attend treatment for a minimum of 9 hours per week. This level of care offers clients the opportunity to receive intensive treatment while still living at home and engaging in their personal lives. Completing an IOP allows for quicker and more efficient reduction of symptoms compared to traditional outpatient services.

IOP treatment largely consists of group therapy. Groups allow clients to develop their communication and social skills, to support each other, learn from the experiences of one another, and know that they are not alone.



We **C** Your Light

Depression IOP

The Depression IOP offers hope and healing to individuals who have lost interest in activities that previously brought them joy and may have become withdrawn from family and friends.

At The MOSAIC Center we combine group therapy, individualized treatment, and medically-integrative care to provide a well-rounded therapeutic experience. Clinicians offer two groups each day using a blend of approaches that are known to have the most effective clinical outcomes. Clients also have time to work on activities, coping strategies, and safety planning.



Our medical staff provide on-going check-ins and medication evaluations as needed to promote holistic health in the program. Our nurse leads educational groups that cover a variety of health-related topics such as taking care of your body, nutrition, and sleep. The IOP team also collaborates with primary care physicians.

Benefits of the program include:

- Decrease in depressive symptoms and thoughts of self-harm
- Improved daily function
- Positive connections
- Improved ability to manage your physical health
- Resiliency
- Increased motivation
- More effective coping strategies

"Only when we are brave enough to explore the darkness will we discover the infinite power of our light."

- Dr. Brené Brown