

## Intensive Outpatient Program Details:

### Mental Health Program

Depression and anxiety program  
Mondays, Wednesdays and Thursdays  
5:30 pm - 8:30 pm

Severe and persistent mental illness program  
Mondays, Wednesdays and Thursdays  
12:30 pm - 3:30 pm

Program duration: 6 weeks

### Substance Use Program

Mondays, Wednesdays and Thursdays  
9:00 am - 12:00 pm or 1:00 pm - 4:00 pm

Program duration: 12 weeks

We welcome adults ages 18 and older and all genders.

Most insurance plans are  
accepted, including Medicaid

[www.AllHealthNetwork.org](http://www.AllHealthNetwork.org)

Information and Appointments:  
303-730-8858



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NETWORK

COUNSELING. CARE. COMPASSION.

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

*We*



*Your Strengths*

## INTENSIVE OUTPATIENT PROGRAMS

**A STRENGTHS BASED, HOLISTIC  
TREATMENT APPROACH**



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Do you and your mental health provider think you could benefit from more intensive treatment? Are you noticing you symptoms are getting worse with time?

If so, AllHealth Network provides intensive outpatient programs to address severe and persistent mental needs in a thoughtful, more efficient manner.

Our intensive programs offer hope and healing to individuals living with a mental health condition that interferes with their lives. We incorporate a holistic approach to treatment that addresses the connections between physical, mental, and social aspects of well-being.



## What is an Intensive Outpatient Program?

Our intensive programs provide short-term treatment (6-12 weeks) for people who need more than traditional weekly therapy sessions. In essence, this model bridges the gap between hospital treatment and weekly therapy through a more impactful and condensed approach. These short term programs are designed to help people with severe mental health or substance use challenges while encouraging them to live their day-to-day lives. Participation usually involves three, three-hour group sessions every week.

## What makes AllHealth Network's Intensive Programs unique?

At AllHealth Network we use group therapy, individual support, and medically integrated care to provide a complete therapeutic experience. Our multidisciplinary team of specialists uses a purposeful blend of evidence-based practices tailored specifically for each track of our intensive programs.

These programs are strengths focused and outcomes driven, in that we collaborate with clients to identify and amplify their strengths and use data to track progress and personalize treatment.



## Intensive Programs

- Our Mental Health intensive outpatient programs offer two tracks; one for depression and anxiety and another that addresses severe and persistent mental illness, which typically includes, but is not limited to: schizophrenia, schizoaffective disorder, and bipolar disorder. These programs are designed to help clients learn skills to decrease emotional distress and increase healthy living.
- Our Substance Use intensive program helps clients work toward achieving recovery from substance use disorders and one or more mental health condition, such as trauma.

Each of our intensive programs were created to provide treatment that is welcoming, shame free and trauma-informed. We celebrate you for having the courage to seek more care and would love to welcome you to one of our programs!

## The benefits of seeking more care

- Decrease in symptoms
- Improved daily function
- Positive social connections
- Improved ability to manage your physical health
- More skills to build resiliency
- Increased motivation
- More effective coping skills

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

- Dr. Brené Brown