

## Mental Health Programs

### Adults

Mondays, Wednesdays and Thursdays  
11am - 2pm or 4pm - 7pm

### Adolescents (Ages 13 to 18)

Mondays, Wednesdays and Thursdays  
4:00 pm - 6:00 pm

Program duration: 6 weeks

### Substance Use Program (ages 18+)

Mondays, Wednesdays, Thursdays  
9am to 12pm or 1pm to 4pm

Program duration: 12 weeks

Only offered virtually

Most insurance plans, including  
Medicaid, accepted.

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

**303-730-8858**



@allhealthnetwork



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

## INTENSIVE OUTPATIENT PROGRAMS (IOP)



**AllHealth**<sup>®</sup>  
NETWORK

Could you benefit from more comprehensive treatment? Are you noticing your symptoms are worsening or not improving over time?

If so, AllHealth Network provides Intensive Outpatient Programming (IOP) to address severe and persistent mental health needs in a thoughtful, efficient manner.

By employing a holistic approach to mental health and substance use issues, our treatment programs address the connections between physical, mental, and social aspects of well-being.

### What is an IOP?

IOPs provide short-term treatment (6-12 weeks) for people needing more than weekly therapy sessions.

By bridging the gap between hospitalization and weekly therapy, IOPs are designed to aid individuals experiencing severe or persistent mental health or substance use challenges while encouraging them to continue their day-to-day lives.

Every week, clients will take part in three group sessions which last for three hours.

### Our approach to IOPs

Through group therapy, individual support, and medically-integrated care, we provide a wrap around recovery experience.

Multidisciplinary teams employ evidence-based practices tailored to each track of our programs.

We collaborate with clients to identify their strengths and use data to personalize treatment and track progress.



### Programs offered

- **Mental Health** IOPs are offered for adults and adolescents. Symptoms addressed can include anxiety, depression, schizophrenia, schizoaffective disorder, bipolar disorder, among others. Clients will learn skills to decrease emotional distress and more.
- The **Substance Use** IOP helps clients work toward achieving recovery from substance use disorders and one or more mental health conditions, such as trauma.

Our trauma-informed IOPs are created to be shame-free, in a welcoming environment.

We celebrate 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 physical health
- More skills to build resiliency
- Increased motivation
- More effective coping skills

Programs are strengths-focused  
and outcomes-driven.



**AllHealth**<sup>®</sup>  
NETWORK