

# INTENSIVE OUTPATIENT PROGRAM

*for adolescents and adults*

Palo Verde Behavioral Health's IOP focuses on the needs of teens and adults with emotional or behavioral issues. The goal of the program is to help identify strategies patients can use to cope with the challenges they face.

Intensive treatment and skill building allows patients to learn from others and gain support.

- Increase use of healthy coping skills
- Improve positive relationships with peers
- Learn to manage anger
- Decrease self-harming behaviors
- Increase positive sense of self
- Improve communication skills
- Find new ways to cope without using substances
- Improve ability to handle stress

## **Program information:**

- Individuals participate in three hours of therapy, three times per week for a total of 21 to 24 sessions.



Our licensed therapists provide individualized treatment to meet the specific needs of each patient. Family involvement is highly encouraged. Research shows that patients have better outcomes when they have family support with their treatment.

Our three-day-a-week program provides a more concentrated level of care than traditional outpatient treatment. Each day, we provide three hours of group therapy. The average length of treatment is eight weeks or 24 sessions.

We accept most insurances including all AHCCCS plans.

*Call **520-322-2888** or toll-free at **844-884-2273** to request a no-cost assessment.*



**Palo Verde Behavioral Health**  
**OUTPATIENT SERVICES**

**2695 N. Craycroft Road  
Tucson, Arizona 85712  
paloverdebh.com  
520-322-2888**

**Toll-free: 844-884-CARE (2273)  
Fax: 520-322-2834**



Physicians are on the medical staff of Palo Verde Behavioral Health, but, with limited exceptions, are independent practitioners who are not employees or agents of Palo Verde Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 204628-7299 12/20