

# IN-PERSON ADULT MENTAL HEALTH

## INTENSIVE OUTPATIENT PROGRAM

**24 SESSION**

**IN-PERSON PROGRAM**

MONDAYS, WEDNESDAYS, AND THURSDAYS  
9:30AM TO 12:30PM EST



**STEPHANIE JACOBS, LPC,  
IOP FACILITATOR**



[sjacobs@behavioralwellnessgroup.com](mailto:sjacobs@behavioralwellnessgroup.com)



### DEMOGRAPHIC

Adults 18 years and older who need comprehensive treatment, but who do not require hospitalization.



### HELPS:

- Develop Healthy Coping Skills
- Gain Control over Negative Thinking
- Develop a Stronger Sense of Self & Build Self-Esteem
- With Handling Life Transitions
- Manage Difficult Emotions and Balance Mood
- Develop Healthy Communication & Manage Difficult Relationships



### CORE TOPICS

Emotion regulation, distress tolerance, goal setting, self-esteem, time and stress management, codependent, interpersonal effectiveness, gaining independence, and challenging negative thoughts.



### COST

Please contact us about which insurances we can accept. Copays and deductibles are due at each session. We also offer self-pay options that include prearranged payment plans.

The Adult Mental Health IOP is designed to help clients decrease symptoms of depression, anxiety and develop coping skills needed for healthier living. This program is to help prevent the need for inpatient treatment, as a step in the continuum of care following inpatient treatment or a step-up if weekly therapy proves insufficient.



[www.behavioralwellnessusa.com](http://www.behavioralwellnessusa.com)



55-A Sheridan Park Circle, Bluffton, SC 29910



888-996-9374 or 843-278-0008 EXT 863



440-565-2349