

Mood Disorder

Intensive Outpatient Program



Psychiatry
UNIVERSITY OF COLORADO **MEDICINE**

WHAT WE TREAT

This in-person IOP (intensive outpatient program) provides intensive treatment for people struggling with depression, bipolar disorder, other mood disorders, and/or suicidal ideation by utilizing Interpersonal and Social Rhythm Therapy, Dialectical Behavior Therapy, and Behavioral Activation.

WHAT WE OFFER

Our 6-week program meets 3 times per week for 3 hours each day and includes:

- Intensive therapeutic support, including group and individualized support
- Group skills training
- Medication evaluation and management with a psychiatric specialist if needed/desired

BENEFITS OF PARTICIPATING IN AN IOP

Participants will receive therapeutic support and practice skills designed to help:

- Decrease depression and suicidal ideation
- Decrease frequency of mood episodes
- Reduce isolation
- Tolerate distress
- Regulate emotions
- Build and enhance social relationships
- Improve daily functioning
- Stabilize and improve mood

WHO IS ELIGIBLE

- Adults 18 years of age or older
- Primary diagnosis of mood disorder, including depression or bipolar disorders
- Able to attend 9 hours/week in a group therapy setting on the University of Colorado Anschutz Medical Campus in Aurora, Colorado

LOCATION

In person at the Helen and Arthur E. Johnson Depression Center

CU Anschutz Medical Campus, Aurora, CO

SCHEDULE

Mondays, Wednesdays, Thursdays

9:00 am – 12:00 pm

New patients begin on Mondays

INSURANCES ACCEPTED

- Anthem – Blue Cross Blue Shield
- Aetna
- Cigna
- Colorado Access – Medicaid
- Colorado Community Health Alliance – Medicaid

TO MAKE A REFERRAL OR ENROLL

Use the QR code below to refer patients or begin the process of enrolling:



Or call our front desk at (303) 724-3300 and ask to schedule an IOP intake.

CU ANSCHUTZ PROVIDERS

Please send a staff message on EPIC to Amairani Palacios with patient attached to make a referral.

FOR MORE INFORMATION

Please email jdc moodiop@cuanschutz.edu

Helen and Arthur E. Johnson Depression Center
Anschutz Health Sciences Building
1890 N Revere Ct., Ste 5240 5th Floor • Aurora, CO 80045



Medicine