

# OCD and Anxiety

## Intensive Outpatient Program



Psychiatry  
UNIVERSITY OF COLORADO **MEDICINE**

### WHAT WE TREAT

This in-person IOP (intensive outpatient program) provides intensive treatment for people with OCD (obsessive compulsive disorder), OC-spectrum disorders and anxiety disorders. The program is focused on providing culturally informed, evidence-based treatment to help participants learn skills aimed at decreasing mental health symptoms and improving quality of life, relationships and executive functioning.

### WHAT WE OFFER

Our 12-week program meets 3 times per week for 3 hours each day and includes:

- Group therapy support
- Individual ERP (exposure and response prevention) sessions
- Medication management with a psychiatric specialist with a follow-up treatment plan
- Family psychoeducation sessions and support at least two times before discharge

### WHO IS ELIGIBLE?

- People 17 years of age or older
- Primary diagnosis of OCD, an OC-spectrum disorder, or anxiety
- Those who need more support beyond outpatient therapy, or who are stepping down from an inpatient or residential program, a substance use disorder program, or an eating disorder program
- 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 CU Medicine Psychiatry – Obsessive Compulsive Disorder (OCD) Clinic  
CU Anschutz Medical Campus, Aurora, CO

### SCHEDULE

Mondays, Tuesdays, Thursdays  
9:00 am – 12:00 pm  
New patients begin on Mondays

### HOW TO ENROLL

Call our front desk at (303) 724-4716 and ask to schedule an IOP intake or email us at [OCDIOP@cuanschutz.edu](mailto:OCDIOP@cuanschutz.edu)

### INSURANCES ACCEPTED

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

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**CU Medicine Psychiatry—Obsessive Compulsive Disorder (OCD) Clinic**  
Anschutz Health Sciences Building  
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Medicine