

Call today to schedule a  
confidential behavioral  
health assessment.

**Outpatient Behavioral Health Programs**

**Winchester (Adult 18+) (Senior 55+)**  
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**Woodstock (Senior 55+)**  
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*Healthier, together.*

# Outpatient Behavioral Health Services



*Healthier, together.*

The **outpatient programs** at Valley Health provide stabilization and support for individuals 18 and older who are struggling to manage the symptoms of a mental illness using an integrated psychiatric and medical approach to mental health and wellness.

## Intensive Outpatient Program

Our Intensive Outpatient Program (IOP) is a step down for those who no longer require the intensity of inpatient hospitalization or for individuals who require a higher level of care than traditional outpatient services provide. At Valley Health, IOP is a step up from traditional outpatient services. It is a three-hour program available Monday through Friday that offers additional support and structure for at-risk individuals. Patients may be experiencing a variety of mental health issues including but not limited to:

- Depression
- Anxiety
- Loss and grief
- Trauma
- Lack of motivation
- Difficulty focusing or concentrating
- Co-occurring medical conditions
- Post-partum depression
- Workplace stress
- Suicidal thoughts
- Irritability, anger, isolation, panic, or fear
- Sleep and appetite disturbances
- Social withdrawal
- Loss of interest in appearance
- Hallucinations
- Confusion
- Cognitive impairment due to depressive symptoms

Participants are able to maintain regular commitments to work, family and school within this IOP structure and allows patients to apply the skills and coping strategies they are learning in therapy to their everyday lives.

### About the Program

Following an initial evaluation, our specialized treatment team begins building a personalized plan of care for each IOP patient within our morning Senior Program or afternoon Adult Program. Our physicians, licensed therapists and support team carefully consider the mental health needs of each patient, as well as developmental functioning, family involvement and behavioral needs. Specifically, we use the following outpatient services and strategies to provide structure and support within a group setting to enable people having difficulty managing their symptoms avoid hospitalization:

- Involvement in individual, group and family therapy
- Cognitive behavioral therapy to prevent relapse
- Emotional regulation to enhance long term well-being
- Practicing effective communication
- Building healthy relationships
- Identifying triggers and learning how to deal with them
- Finding healthy ways to reduce stress
- Learning coping skills and healthy behaviors

As a patient's symptoms and level of functioning improve, our staff will work to decrease his or her time in the IOP. Once stabilization has been achieved, we will facilitate the transition into a traditional outpatient program or to the care of outside providers.

## Admission Criteria & Scheduling

Individuals 18 and older requiring mental health support within an intensive structured afternoon setting.

Individuals 55 and older requiring mental health support within an intensive structured morning setting.

Appointments will be made for further evaluation by the physician after the assessment.

## Assessments and Referrals

Our clinical staff offers free, confidential assessments to determine if behavioral health services are needed.

Referrals to our program may be made by the family physician, nurses, mental health professionals, assisted living facilities and others concerned about the welfare of their family member, friend or loved one. Patients can also self-refer into the program.

## Insurance

Services are covered by Medicare and many commercial insurance providers. Valley Health's financial assistance department works with each client individually to facilitate financial viability when necessary.