

# 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](mailto:jdc moodiop@cuanschutz.edu)

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#### Helen and Arthur E. Johnson Depression Center

Anschutz Health Sciences Building

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Medicine