

NJ Mental Health Intensive Outpatient Program (MH-IOP)

Who should participate in MH-IOP?

The program is designed to serve adults age 18 and older who are experiencing some of the following symptoms: mood instability, racing thoughts, irritability, depressed mood, severe anxiety, poor concentration, sleep disturbance, lack of energy, negative thinking, and feeling hopeless about the future. The symptoms must be severe enough to interfere with functioning at work and/or interpersonal relationships.

What is MH-IOP?

Intensive Outpatient Program (IOP) is a more intensive treatment than regular outpatient services, conducted in a group setting, in three hour sessions, three times a week (Monday, Tuesday, Thursday, 10:30am-1:30pm). The patient participates in a structured program with other patients, who are affected by similar issues.

If you qualify, participating in MH-IOP may significantly improve your level of functioning, allowing for a quicker return to your everyday activities such as work, family, or other personal obligations. A combination of group therapy, individual counseling and closely monitored medication management has been validated by research as one of the most effective forms of treating mental disorders.

Attached please find testimonials of people who have participated and completed the program.

How can I participate in MH-IOP if I am currently employed?

Most of MH IOP participants qualify for a medical leave of absence from work/short term disability. We will assist with providing medical documentation to your employer.

Is MH-IOP covered by my insurance?

Yes, most insurances cover this service. To check your specific plan, please call your insurance and inquire about your benefits for intensive outpatient services.

How do I enroll in MH-IOP?

Please make an appointment for an IOP evaluation with **Yulia Braginsky, MH IOP Program Director**, by calling 201-488-5161 or toll free 888-488-5161, Monday-Friday, 9am -8pm.