



Healthier
Body

Healthier You

BHU Intensive Outpatient Program at Colorado Plains Medical Center

Program Particulars

The *Healthier You* program is designed to treat adults age 55 & older who have a primary psychiatric diagnosis which interferes with their daily functioning. This intensive outpatient program (IOP) incorporates a variety of treatment modalities (individual, group, and family therapies, skills training, functional assessments, medication, monitoring, and educational groups) on a daily basis and is structured to meet the individual treatment needs of each person in our care.

Session Time: Clients attend the program 4 days per week, Monday through Thursday, from 9:00 a.m. until 12:00 noon.

Location: Program participants meet at Colorado Plains Medical Center's newly constructed Behavioral Health Unit on the campus of the hospital.

Program Goals

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- Goal 1:** To give clients the opportunity to acquire skills that will enable them to live as independently as possible
- Goal 2:** To treat the entire person—focusing on the intellectual, physical, social, spiritual & emotional life aspects
- Goal 3:** To provide continual assessment and reassessment of the issues prompting treatment to facilitate growth and care in the least restrictive manner
- Goal 4:** To allow for medication assessment, regulation, and management by the staff psychiatrist in coordination with all other health care providers serving the client
- Goal 5:** To work conjointly with each component of the support system surrounding the client in order to attain the optimal outcome for the client

Program Admission Criteria

For more information or for a free, confidential assessment, contact us

Phone: 970-542-4364

Fax: 970-542-3377

**COLORADO PLAINS
MEDICAL CENTER**

- Behavioral manifestations which interfere with family, social, or vocational functioning
- Inability to function independently due to a debilitating cognitive, emotional, or behavioral dysfunction
- In transition from inpatient treatment or in jeopardy of requiring inpatient care.