Virtual IOP & PHP Programs

Online, outpatient mental health & addiction treatment programming for adults

Maybe you’re working to manage addiction or problems like depression or bipolar disorder, and you need more than once-a-week therapy to reach your goals.

Or perhaps you just completed inpatient hospital care for a mental health issue or addiction, and now you need daily outpatient support to maintain your recovery.

Our comprehensive PHP & IOP programs could be just right for you.

Two effective options to fit your life:

- Our virtual Partial Hospital Program (PHP) is an all-day program that meets five days a week via secure Zoom.
- Our virtual Intensive Outpatient Program (IOP) provides half-day programming that meets five days a week.

Participants in both programs benefit from:

- group therapy sessions
- individualized care/counseling
- medication management.

“It’s amazing the amount of change you can see in such a short time. People who come to us are better able to adapt and cope with problems as they find their sources of strength, both inside and out.”

—Kurt L. White, LICSW, LADC, CGP
Director of Ambulatory Services
Our treatment philosophy.

We believe that people are resilient. We believe they can make significant changes in their lives that will strengthen their recovery from mental health and addiction challenges. We help every step of the way, with expert care rooted in understanding and respect.

A stronger recovery means a stronger you.

As you grow in either PHP or IOP you will:

- Learn self care for general mental health and addiction recovery
- Improve your sense of well-being through mindfulness practice
- Develop skills to address grief or loss
- Discover effective ways to handle stress
- Establish healthy communication skills
- Build a solid foundation to live a more rewarding life.

Virtual PHP & IOP are Both Convenient and Effective Treatment Options

You’ll experience the same highly structured and supportive care as in-person treatment—but through easy and secure remote access.

Treatment is guided by the CARES approach (Community, Awareness, Relationship, Embodiment, and Synthesis) which includes:

- dynamic group therapy
- personalized individual counseling
- monitoring by a psychiatric prescriber.

Get help now. 802-258-3700 brattlebororetreat.org/virtual

Anna Marsh Lane, P.O. Box 803 Brattleboro, VT 05302

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