Are you a working professional who could benefit from a therapeutic program that is individualized to fit your needs? Or a student or parent who needs limited disruptions from regular school or work schedules?

AMITA Health Behavioral Medicine Institute offers an evening program option for 12 hours of therapy weekly that allows participants to maintain their daily schedule.

AMITA Health Evening Programs provide outpatient programs for the treatment of Mood Disorders, Anxiety and Chemical Dependency.

Each program runs from 6:30-9:30 pm, Monday-Thursday. Individuals typically attend the program over the course of 4-6 weeks.

Change your life without changing your schedule.
AMITA Health Evening Intensive Outpatient Programs (IOP) are tailored for adults 18 and older, perfect for college students and working professionals with regular day-time work schedules. Individuals interested in the evening programs must be able to function in an IOP level of care and seeking treatment, primarily, for one of the following: Anxiety/Obsessive-compulsive disorder (OCD), Mood Disorders or Chemical Dependency.

What does Intensive Outpatient Program (IOP) mean? IOP is a treatment program recommended for those who do not rely on medically-supervised detox or hospitalization.

Anxiety/OCD Evening Intensive Outpatient Program (IOP)
The Anxiety/OCD Evening IOP is led by a team of anxiety treatment experts. We treat OCD and all anxiety disorders including Post-traumatic stress disorder (PTSD).

What Sets Us Apart?
• We utilize evidence-based treatment, Exposure Response Prevention (ERP) and Cognitive Behavior Therapy
• Clients receive individualized treatment where patients can work with a therapist on their specific anxiety triggers daily
• Virtual Reality treatment to address a variety of anxiety issues, including fear of flying, heights and public speaking
• Daily psychological education groups to gain coping skills to deal with stress and worry

Mood Disorders Evening Intensive Outpatient Program (IOP)
The Mood Disorder Evening IOP creates an engaging and safe environment for clients to discuss life issues. They are given tools to manage symptoms in real life situations. This program is for those struggling with depression and bipolar disorder.

Unique program features
• “How-to-Manage” skills groups that address unique challenges that arise for specific populations including, Working Professionals, and Millennials
• Family and Friend Engagement includes weekly family night and family therapy available for patients interested in educational and facilitated healthy communication

Center for Addiction Medicine Evening Intensive Outpatient Program (IOP)
The Center for Addiction Medicine Evening IOP provides treatment for individuals suffering from substance abuse/dependency and other addiction disorders. Treatment goals emphasize education and relapse prevention to help individuals develop a variety of coping skills to manage symptoms and improve the quality of their lives.

Programming topics include:
• Coping skills for emotional management (including depression, anxiety, anger, mania, and stress)
• Relapse prevention planning – how to identify triggers and cope with urges and accept life’s challenges and commitment to healthy living
• The process of recovery and importance of a community-based support system

AMITA Health Evening IOP Programs

Individuals who completed treatment demonstrated...

QUALITY OF LIFE
- A significant increase in quality of life from admission to discharge, including compared to individuals who used ‘medication only’ for treatment

SYMPTOMS
- A significant decrease in symptoms of depression from admission to discharge
- A significant decrease in overall symptoms from admission to discharge

*Evening IOP schedules vary based on program