



PEAK VIEW
BEHAVIORAL HEALTH

7353 Sisters Grove
Colorado Springs, CO 80923
Phone: 719-444-8484
Fax 719-355-1059
peakviewbh.com

SENIOR INTENSIVE OUTPATIENT PROGRAM

The Intensive Outpatient Program (IOP) addresses the needs of senior adults with general challenges including anxiety, depression, bipolar disorder and psychiatric disorders. IOP is designed for individuals who would benefit from a structured day program to assist with the development of more adaptive coping skills. Peak View is licensed by the State of Colorado and is Joint Commissioned Accredited.

WHO QUALIFIES

Ages 55+, male and female
Medicare, most HMO/PPO/commercial insurances, Tricare, Medicaid
(Peak View will call to get authorization)

REFERRAL SYMPTOMS

Grief and Loss
Nervousness/Anxiety
Stressful life events
Isolation/withdrawal
Lack of interest in activities
Change in mood (acute hospitalization not required)
Changes with lower level of care
Potential for relapse (previous diagnosis)

SERVICES PROVIDED

Group therapy
Therapeutic Process Group
Psycho-Educational Group
Discussion of leisure time activities
Licensed staff members
Snacks

DEVELOPMENT GOALS

Improve Quality of Life
Coping skills
Life skills
Emotional management
Community relationships
Personal support systems
Medication awareness
Relapse prevention

LENGTH OF PROGRAM

2-6 weeks, 4x/week, about 4 hours/day
Transportation coordinated if needed

Next step: Please call Peak View at 719-444-8484 or visit www.peakviewbh.com. All referrals for IOP will be evaluated and assessed. Thank you!