

EISENHOWER BEHAVIORAL HEALTH SENIOR ADULT INTENSIVE OUTPATIENT PROGRAM (IOP)

Rediscover your strength. Reconnect with purpose. Reclaim your joy. Your journey begins here, because you matter.

Mental Health and Aging: A silent struggle with a powerful solution

Mental health challenges in older adults are too often mistaken as a normal part of aging, but they're not. Feelings of sadness, anxiety, isolation or grief deserve attention and compassionate care. Left untreated, these challenges can impact independence, physical health and quality of life.

At Eisenhower Behavioral Health, we believe every senior deserves the chance to feel connected, empowered and emotionally well. Our Senior Intensive Outpatient Program (IOP) provides the specialized tools, support and care to help older adults heal and thrive.

With a rapidly growing senior population, addressing emotional and behavioral health, including depression, trauma, substance use and life transitions, has never been more important.

Our IOP offers a safe, structured and supportive environment tailored to the unique emotional and mental health needs of adults age 50 and over. This short-term, evidence-based program is designed to help seniors regain emotional balance, enhance daily functioning, and build resilience during life's transitions. Whether coping with grief, loneliness, changes in health, retirement, or shifts in living or independence, our compassionate team guides seniors every step of the way.



Program Highlights

- Therapeutic group sessions three half-days a week, led by licensed therapists, create a supportive space to share, grow and heal.
- Personalized care plans developed and monitored by a multidisciplinary team, including Board Certified Psychiatrists, licensed therapists and registered nurses.
- Tailored interventions that focus on the unique emotional, cognitive and social challenges faced by older adults.

Transformational Tools and Therapies

- Dialectical Behavioral Therapy (DBT): Learn powerful skills for managing emotions, reducing distress and building resilience.
- Cognitive Behavioral Therapy (CBT): Reframe unhelpful thoughts and behaviors to improve mood and functioning.
- Psychoeducational groups: Gain insight into aging, mental health and how to stay well.
- Expressive therapies: Art-based and experiential activities help promote healing beyond words.
- Life skills and communication training: Strengthen relationships and foster independence through practical, senior-focused coaching.

Why Choose Eisenhower's Senior Adult IOP?

- **Stay home, stay connected**
Continue living in the comfort of your own home while receiving structured, therapeutic care.
- **Flexible schedule**
With morning sessions three times a week, you can maintain your routine without sacrificing progress.
- **Comprehensive care**
We don't just treat symptoms. We support the whole person with services that address mental, emotional and physical well-being.
- **Senior-centered approach**
Every element of the program is designed with the 50+ adult in mind, addressing grief, isolation, role changes and more.
- **Evidence-based and trauma-informed**
Our treatment model is grounded in research and guided by compassion.
- **A team that sees you, hears you and believes in your potential.**

The Results Speak for Themselves

- Reduced emergency department visits and hospital readmissions
- Improved emotional stability and coping skills
- Strengthened relationships and support networks
- Restored confidence and daily functioning

Program Schedule

Monday, Wednesday and Thursday
from 9 a.m. to noon

Who Benefits from Our Program?

Ideal for adults aged 50 and older who are experiencing:

- Anxiety, depression or mood disorders
- Grief, trauma or chronic stress
- Family or caregiver conflict
- Challenges with retirement or independence
- Difficulty managing daily or social responsibilities
- Support needs following hospitalization or recovery if life feels overwhelming

Expert Care Team

- Board Certified Psychiatrists provide medication management and psychiatric oversight
- Licensed therapists and psychologists provide evidence-based individual and group therapy
- Registered nurses provide ongoing health support and care coordination

Healing has no age limit. Reclaim your joy, purpose and peace of mind – starting today!

Contact us today to schedule your initial consultation at **760.837.8767**.

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