



The Phoenix IOP Program

Go from Surviving to Thriving

from Serenity Behavioral Health Services

Who do we treat?

This program is specifically designed to provide treatment for individuals who have concerns about protecting their identity and reputation while getting the help they need. Participants can be executives, educators, military personnel, high-profile individuals, and/or board-licensed professionals.

What do we treat?

Our program provides treatment for burnout, stress, depression, anxiety, co-dependency, shame, trauma, and acute stress disorders and understand that most individuals struggling with these symptoms are also using negative coping skills such as addiction or dependency on food, sex, porn, gambling, shopping, and marijuana and/or alcohol to manage their mental health symptoms. Our goal is to resolve mental health issues, increase positive coping skills, and eliminate shame from our clients.

Remain anonymous and get the help you need!

All participants will remain anonymous. No one will use their real name, disclose where they work, or what type of license they have. Group members will know each other by nicknames; only the therapist and our Intake/Billing department will know a group member's legal name.

What is the schedule?

The Phoenix IOP Program is scheduled to meet on Mondays, Tuesdays, and Thursdays from 4-7pm. in Westerville and runs on an 8-week curriculum rotation. Participating individuals must commit to attending all three sessions per week for eight weeks.

How do I join?

It's easy! Just call 614-948-3273 to get started.



Serenity Behavioral Health Services is a CARF-accredited behavioral health agency that provides outpatient mental health treatment, psychiatry for medication management, and Intensive Outpatient group therapy (IOP).

An IOP program for individuals who have concerns about protecting their identity when getting the help they need.

An Intensive Outpatient Program (IOP) is a structured, treatment-focused program designed to help individuals manage mental health issues, substance use disorders, or both. It provides a level of care that is more intensive than traditional outpatient therapy but less restrictive than inpatient or residential treatment.

IOPs are often used as a step-down option after hospitalization or as a primary treatment for individuals who need significant support but can still manage their daily responsibilities, such as work, school, or family obligations.

Key Features of IOP:

- **Flexible Scheduling:** Usually involves therapy sessions several days a week, for 3–5 hours per session.
- **Comprehensive Care:** Includes group therapy, individual counseling, and psychoeducation.
- **Focus on Skills:** Teaches practical coping strategies for stress, triggers, and emotional regulation.
- **Customizable Treatment Plans:** Tailored to the unique needs and goals of each participant.
- **Support Network:** Encourages peer connections and builds a community of understanding today and ask to join.

How Do You Benefit from IOP?

Professional Guidance

- Access to licensed therapists, counselors, and other mental health professionals.
- Evidence-based therapies like Cognitive Behavioral Therapy (CBT) or Dialectical Behavior Therapy (DBT) to address your specific needs.

Flexible Yet Intensive Care

- Allows you to receive structured care while maintaining your daily responsibilities, such as work, school, or family.
- Helps you integrate treatment into your real-world environment.

Skill Development

- Learn healthy coping mechanisms, stress management, and communication skills.
- Build tools to manage triggers and prevent relapse in a supportive environment.

Supportive Environment

- Connect with peers who share similar challenges, reducing feelings of isolation.
- Participate in group therapy, where shared experiences foster understanding and encouragement.

Relapse Prevention

- Focuses on long-term recovery through techniques like mindfulness, relapse prevention planning, and self-awareness.
- Prepares you to navigate challenges and maintain progress after completing the program.

Holistic Care

- Addresses the emotional, physical, and social aspects of well-being.
- May include complementary therapies like yoga, meditation, or nutrition education.

Affordable Alternative to Inpatient Care

- Provides high-quality care without the high costs or restrictions of 24/7 residential treatment.



Serenity Behavioral Health Services/Wellness Center

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If you would to join
The Phoenix IOP Program,
contact our Intake
Department at
614-948-3273.

Consider joining The Phoenix IOP Program today and start getting the help you need.