

Lancaster Behavioral Health Hospital



Penn Medicine
Lancaster General Health



Compassionate Care for Mental Well-Being

OUTPATIENT MENTAL HEALTH SERVICES FOR ADULTS

Our Intensive Outpatient Program (IOP) for adults offers comprehensive and structured treatment in the evening for individuals who are experiencing emotional, psychological or behavioral challenges while allowing them to maintain their daily routines. At Lancaster Behavioral Health Hospital, we believe in a holistic, patient-centered approach to care that supports individuals in achieving wellness and stability. The team of licensed therapists and psychiatrists provide care that is compassionate and supportive, focusing on healing and resilience.

Our services are designed to:

- Support individuals in maintaining their independence and responsibilities.
- Provide structured therapy and treatment without disrupting work, school or family life.
- Equip individuals with coping strategies to manage their mental health.
- Foster a non-judgmental space for transformation and growth.

Call 717-740-4160 for a confidential, no-cost assessment, available 24 hours a day, 7 days a week. Visit lancasterbehavioral.org to learn more.

Program Features

- **Comprehensive Assessments** - We conduct thorough evaluations to create a personalized treatment plan tailored to individual needs.
- **Therapeutic Support** - We offer evidence-based therapies, including Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). Our treatment approach emphasizes safety, trust and empowerment.
- **Peer and Group Support** - Group therapy and peer support networks foster connection, understanding and shared experiences.
- **Crisis Support and Referrals** - We coordinate thorough aftercare plans that include crisis safety plans and connect individuals to additional community resources.

Benefits of Mental Health IOP

- **Continued Support and Community Integration** - Adults remain connected with their personal support networks while receiving care.
- **Access to Professional Guidance** - Participants work with licensed therapists, psychiatrists, and counselors who provide evidence-based treatment.
- **Smooth Transition from Alternate Levels of Care** - Provides ongoing care for adults transitioning from other levels of care and reinforces coping skills learned in more intensive settings.
- **Focus on Long-Term Mental Wellness** - Teaches skills to manage self-care and mental health challenges in everyday life.

Call 717-740-4160 to learn more.

Treatment, Compassion and Hope
Today, Tomorrow and Always.

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Physicians are on the medical staff of Lancaster Behavioral Health Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Lancaster Behavioral Health Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. Model representations of real patients are shown.

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