



# Intensive Outpatient Program

## About the Program

The Beautiful Minds Medical Intensive Outpatient Program (IOP) offers short-term, integrated mental health treatment for adults.

The program is held three hours a day (9 a.m. to 12:00 p.m.), five days per week. The average length of treatment ranges from two to three weeks, but additional treatment may be considered based on patient's progress and needs.

## Our Treatment Philosophy

We believe in whole-person health. Our treatment focuses on enhancing every aspect of your life: body, mind, and spirit, by addressing the root cause.

The IOP provides a compassionate and structured environment along with practical tools to enhance your mental, physical, emotional, and social wellness.

Our team provides support and guidance for families to know how to best help their loved ones. We also collaborate with the client's primary care physician, therapist, and other providers.

## How to Get Started

If you are interested in attending the program, referring a client, or learning more, call us or visit us online at [beautifulmindsmedical.com](https://beautifulmindsmedical.com).

### ADMISSION CRITERIA:

- Having symptoms of a diagnosable mental health condition expected to respond to therapeutic intervention
- These symptoms make it difficult to function in at least one area of life
- Need more support than weekly therapy or doctor's visits, but still able to live at home

### Beautiful Minds Medical

Daniel Binus, MD  
*Medical Director*

1330 New Airport Road, Suite 103  
Auburn, CA 95602

**530.889.8780**

### PROGRAM COMPONENTS:

- Personalized Treatment Plan
- Group Therapy by Licensed Counselors
- Weekly Medical Evaluations
- Medication Management
- Wellness Classes & Coaching

### GROUP TOPICS:

- Social/Communication Skills
- Stress Management
- Dealing with Addictions
- Healing from Trauma
- Cognitive Behavioral Therapy
- Healthy Lifestyle Habits
- Setting Goals
- Healthy Spirituality
- Establishing Healthy Boundaries

### CONDITIONS TREATED:

- Depression
- Anxiety & Panic Disorders
- Bipolar Disorder
- Substance Abuse

