



Young Adult Intensive Outpatient Program (IOP) Piscataway

DBT for Anxiety and Depression / In Person Services are provided

Services Offered

- Group therapy three days per week
- Individual therapy weekly
- Family sessions as needed
- Medication management
- Individualized treatment plans

Program Schedule

Group sessions:

Track 1

- Monday 9:30 AM to 12:45 PM
- Wednesday 9:30 AM to 12:45 PM
- Friday 9:30 AM to 12:45 PM

Track 2

- Tuesday 1:45 PM to 5:00 PM
- Wednesday 1:45 PM to 5:00 PM
- Friday 1:45 PM to 5:00 PM

4 week program/12 sessions

All groups feature a 15-minute break

Eligibility Criteria

- Ages 18-24
- Individuals insured through plans accepted by Rutgers UBHC
- Individuals must be able to commit to program schedule as indicated above
- Individuals must not have cognitive impairment or active psychosis or active suicide risk

Admissions

For referrals, please contact our Access Center at (800) 969-5300