



Summary of Services Connecticut Outpatient Programs

High Focus Centers in Connecticut provides outpatient mental health and co-occurring treatment services to adults and teens.

Our experienced clinical team uses evidence-based therapeutic treatment specifically designed to address the unique needs of adults and teens experiencing mental health and substance use conditions such as depression, anxiety, self-harm, and trauma.



Partial Hospitalization Program (PHP)

An alternative to inpatient hospitalization, our Partial Hospitalization Program (PHP) is designed to provide treatment, therapy, and support for adults and adolescents diagnosed with substance use and/or mood disorders, anxiety symptoms, depression, isolation, and other mental health struggles. This structured program offers a high level of support without the need to stay overnight in an inpatient facility.



Intensive Outpatient Program (IOP)

Our Intensive Outpatient Program (IOP) provides individuals with the opportunity to learn and implement coping strategies and process their experience in a therapeutic and supportive environment while living at home, working, and/or attending school.



Co-Occurring Intensive Outpatient Program (IOP)

For adults and teens diagnosed with co-occurring substance use and mental health disorders, we offer a specialized intensive outpatient program. Our co-occurring IOP uses both mental health and substance use treatment methods to help individuals recover from both disorders at the same time.



Comprehensive Treatment

Incorporated into all our programming, we offer **medication management**, and **individual, family, and group therapy**. This integrative approach is designed to provide rapid symptom improvement and help clients achieve a healthy level of functioning.

Contact us to learn more about our treatment programs & available locations.

(800) 877-3628 | highfocuscenters.com | 9 Locations in NJ & CT

Summary of Services




Locations	Mental Health	Adult IOP/PHP	Adolescent IOP/PHP	Co-Occurring	Adult IOP/PHP	Adolescent IOP/PHP
Farmington, CT			▼			▼
Norwalk, CT		✓	✓		✓	✓

Admissions

 (800) 877-3628

Monday - Friday
7:00 AM to 11:00 PM

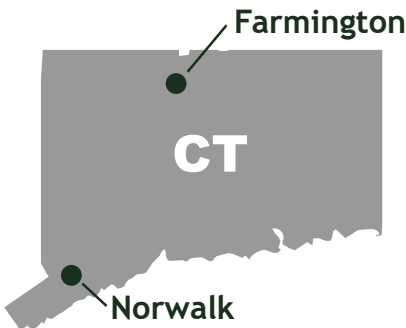
 (973) 909-4049

Saturday - Sunday
9:00 AM to 5:00 PM

 highfocuscenters.com

In-network with most commercial insurances

Locations



Scan to view all High Focus Centers locations

