



Adults & Adolescents

Partial Hospitalization  
Program (PHP)

Intensive Outpatient  
Program (IOP)

Outpatient Program  
(OP)

Co-Occurring OP/IOP/  
PHP



(484) 969-9627

[highfocuscenters.com](http://highfocuscenters.com)

9 Locations in NJ & CT

## Summary of Services

### Connecticut Outpatient Programs

High Focus Centers provides in-person outpatient mental health and co-occurring treatment services at our Norwalk and Farmington programs as well as virtual treatment across the state of Connecticut for adults and adolescents ages 10-17.

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

#### We Offer:

- » In-Person & Virtual Treatment
- » Partial Hospitalization Program (PHP)
- » Intensive Outpatient Program (IOP)
- » Outpatient Program (OP)
- » Co-Occurring Treatment
- » Medication Management
- » Individual, Family, & Group Therapy
- » Transportation Available
- » Walk-In Assessments Available in Farmington, CT  
Monday - Friday, 9:00 AM - 12:00 PM

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



In-Person & Virtual Services	Norwalk, CT	Farmington, CT
<b>Mental Health</b>		
Adult OP	✓	
Adult IOP/PHP	✓	✓
Adolescent OP		✓
Adolescent IOP/PHP	✓	✓
Tween IOP/PHP	✓	
<b>Co-Occurring</b>		
Adult OP	✓	
Adult IOP/PHP	✓	✓
Adolescent OP		✓
Adolescent IOP/PHP	✓	✓

## Admissions

Monday - Friday 7:00 AM to 11:00 PM  
Saturday - Sunday 9:00 AM to 5:00 PM

 (484) 969-9627

 (973) 909-4049

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In-network with most commercial insurances

