



Summary of Services Norwalk, Connecticut Outpatient Program

High Focus Centers in Norwalk, CT provides access to **outpatient mental health treatment services for adults and teens** to residents of Fairfield and Westchester counties.

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



Partial Hospitalization Program (PHP)

This full-day program meets five days per week and is designed to offer a high level of support for adults and teens with severe mental health symptoms. This program can be an option if lower levels of treatment are not working, and it can also be used as a next step after an inpatient program.



Intensive Outpatient Program (IOP)

Designed for adults and teens with mental health disorders, our half-day Intensive Outpatient Program is appropriate both as a starting point for care and also for individuals who have successfully completed a PHP and can benefit from continued support to develop the skills necessary to maintain a lifetime of sobriety.

IOP treatment includes group therapy sessions, individual sessions and psychoeducation to teach clients about managing a mental health disorder.



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.

Contact us to learn more about our outpatient treatment programs at this location.

(800) 877-3628 | highfocuscenters.com | 9 Locations in NJ & CT
17 High Street, Norwalk, CT 06851