

## In the past

Patients who have suffered with acute symptoms of depression, mania or anxiety that significantly impaired their ability to function at home, work or in an educational setting often found themselves in the hospital for treatment of their illness.

## Times have changed!

Now, people who experience persistent mood disorder symptoms can find relief by attending the Mood Disorder Intensive Outpatient Program, which allows patients to remain at home while they receive the medical treatment they need without being hospitalized.

## Research

University Hospitals Case Medical Center Mood Disorders Program conducts state-of-the-art research in the treatment of mood disorders. The research program benefits physicians by increasing their understanding and treatment of mood disorders. Our patients benefit from their knowledge and are able to live healthier, happier and more productive lives.

University Hospitals Case Medical Center is recognized as one of the leading sites in the world for clinical research into the treatment of bipolar disorder in adults and is a Bipolar Center of Excellence.

**For more information or to schedule an intake appointment contact**

**Darlene D. Foth, ATR-BC, PC, LSW**  
Clinical Coordinator  
Intensive Outpatient Program

**216-844-2874**

Visit us at: [www.UHhospitals.org](http://www.UHhospitals.org)



## Mood Disorders Intensive Outpatient Program

### Feel Like Part Of Your Life Is Missing?



### We Can Help You Find It!

**Our Mission & Vision**  
"To Heal. To Teach. To Discover."



Intensive Outpatient Program  
Triangle Building, Suite 280  
11400 Euclid Avenue  
Cleveland, Ohio 44106

Tel: 216-844-2874  
Fax: 216-844-2836

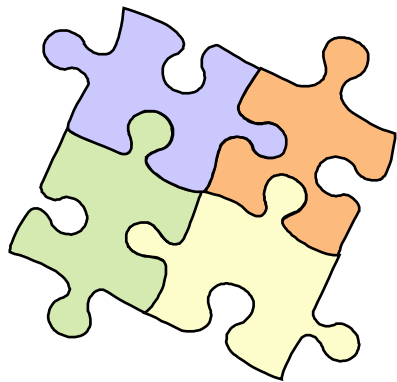
## Program Information

The Intensive Outpatient treatment team focuses on stabilization of acute mood disorder symptoms with illness education, group therapy and medication management. University Hospitals' Intensive Outpatient Program is located in a comfortable and confidential environment. Patients begin with a comprehensive assessment to insure the individual's needs can be met in an out patient setting.

Patients attend the program Monday through Friday for three hours a day, 9 AM to Noon. The length of stay in the program is short term, approximately 4 to 6 weeks. Patients are seen by a psychiatrist on a regular basis for medication management. Each patient has an individual treatment plan and prior to discharge; appointments for follow up care are made to assure continuity of care.

The multidisciplinary treatment team closely collaborates with the patient's primary care provider or specialist.

Patients' behavioral health benefits will be verified and hospital financial counselors are available if needed.



## Program Goals

- Provide the highest quality of care for each patient.
- Treat mood disorders with state-of-the-art combination of psychotherapy and pharmacology to stabilize acute episodes
- To educate patients and their families about the signs and symptoms of their behavioral health issues
- Empower patients with knowledge to help decrease the chance of relapse in the future
- To facilitate a positive transition from a hospital setting to an outpatient program or to prevent hospitalization

## Eligible Patients

- Patients who are 18 years or older and do not need 24 hour care
- Patients who can benefit from a rapid stabilization treatment program to prevent further deterioration of symptoms
- Patients who need intensive education on how to manage their illness and symptoms
- Patients who have been treated by traditional methods but remain symptomatic or refractory
- Patients who are likely to show improvement in their behavioral health status

## Treatment Modalities

Group therapy sessions have a specific specialized focus

- Anger Management
- Art Therapy
- Assertiveness Skills
- Cognitive Behavioral Therapy
- Daily Mood Charting
- Family Involvement
- Goal Setting & Time Management
- Guided Imagery & Relaxation
- Illness Education
- Medication Management
- Music Therapy
- Self Esteem
- Stress Management
- Steps to Recovery

## Treatment Team

The staff consists of caring professionals who have extensive experience in treating mood disorders with a biopsychosocial approach with state-of-the-art treatment modalities, along with providing the highest quality of care. The multidisciplinary team includes psychiatrists, psychologists, professional counselor, advanced practice nurse plus an art and music therapist.