



**RUTGERS**

University Behavioral  
Health Care

## **Intensive Outpatient Program (IOP) Edison**

### **DBT for Anxiety and Depression**

#### **Services Offered**

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

#### **Program Schedule**

##### **Group sessions:**

##### **Morning Track**

- Tuesday 9:30 AM to 12:45 PM
- Thursday 9:30 AM to 12:45 PM
- Friday 9:30 AM to 12:45 PM

##### **Afternoon Track**

- Monday 1:45 PM to 5:00 PM
- Tuesday 1:45 PM to 5:00 PM
- Thursday 1:45 PM to 5:00 PM

4 week program/12 sessions

All groups feature a 15-minute break

### **Eligibility Criteria**

- Ages 18 & older
- 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**

100 Metroplex Drive, Suite 200  
Edison, NJ 08817

ph: 732-235-8400  
Fax 732-235-8395

**Rutgers University Behavioral Health Care**



**RUTGERS**

University Behavioral  
Health Care

## **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**

667 Hoes Lane West  
Piscataway NJ 08854

ph: 732-235-5504  
Fax 732-235-4405

**Rutgers University Behavioral Health Care**