

Reflections

Intensive Outpatient Program

At Reflections, our goal is to provide a safe and supportive environment for adults and geriatric individuals with behavioral health issues. The Reflections program sensitively addresses problems and concerns which most affect our patients and their current life situation.

Reflections IOP provides an individual plan of care based upon multidisciplinary assessments performed by licensed members of the treatment team.

At Reflections, we focus on quality of life Improvement.



Therapies/Services



Treating a broad range of conditions:

- Depression
- Bipolar disorder
- Anxiety/ Panic attacks
- Major life changes, such as death of a loved one, divorce
- Schizophrenia
- Difficulty completing activities of daily living
- Adjustment problems
- Prolonged periods of isolation and sadness
- Medical conditions impacting quality of life

“So nice to be in a place where people really care for and about you.”

Reflections Patient

Service Excellence

Reflections IOP is dedicated to clinical excellence through the delivery of individualized care.

“Reflections helped me meet my mental health problems head on.”

Reflections Patient



For more information
call (323) 932-5056.

Program

- Group Therapy
- Meetings with individual therapist
- Case Management coordination with outside resources
- Meetings with program Psychiatrist
- Program RN assists with medication management
- Free Transportation to and from Reflections Program



Reflections

Reflections IOP uniquely offers an alternative for those in need of more structure and support than individual therapies may provide.

The program is designed around an interdisciplinary structure that includes a psychiatrist, licensed therapists and nurses for individuals with behavioral problems who are struggling with day to day issues and need assistance in finding more effective coping strategies. Taking the first step and calling for a free assessment can be the start toward experiencing better days in your life.

We accept:

- Medicare
- Most private insurance plans.

To schedule an appointment for a tour or a free assessment, please call (323) 932-5056.

Reflections

Intensive
Outpatient
Program
Providing
Treatment and
Support.



Celebrating Diversity