



Intensive Outpatient Program

Athena's IOP Offering

Athena's Intensive Outpatient Program is available in-person at our Bronx and Manhattan locations or via telehealth. This program is a good fit for those needing a step-down from inpatient care or those experiencing symptom severity that requires more frequent services than a standard outpatient model.

Services:

- Individual Therapy
- Group Therapy
- Family Therapy
- Medication Management
- Crisis Management Services
- Peer Support Services

Program Goals:

- **Stabilization:** Help patients stabilize and provide effective symptom management.
- **Skill Building:** Teach new coping skills for daily life.
- **Long-term Wellness:** Build a foundation for sustained mental health and recovery.

Group Therapy is the heart of our model

Form a supportive network with others facing similar challenges and share diverse perspectives.

Rapid Access & No Waitlist

Athena is now offering IOP services with rapid access and no waitlist. Services can be provided in-person at our Bronx & Manhattan clinics or via telehealth, and patients can receive up to four services per day.

Who We Can Help:

Adults aged 18+ with a primary psychiatric diagnosis who can commit to 4+ sessions per week.

We Accept Your Insurance:

We accept all insurances including Medicaid.

CONTACT:

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