

## What we can offer:

- Assessment by a licensed behavioral health professional at no cost to you
- Referrals to appropriate treatment based on your individual needs
- Group therapy in a supportive and caring environment.
- Groups that meet during the day and in the evening
- Education and resources for family and loved ones
- Phones are answered Monday-Friday 9 a.m.-5 p.m.

Many clients in our programs have been trying individual therapy and medication or self-help groups, but are not seeing success. Our clients do not meet criteria for inpatient treatment, but may be experiencing depression, anxiety, abuse of alcohol or drugs, or other emotional problems that significantly impact their ability to carry out their usual activities.

**Call us now to speak with a behavioral health navigator and schedule an assessment at no cost to you:  
512-324-2039**



If you or someone you care about needs help with mental health or emotional wellness, call us. Don't wait.

**512-324-2039  
or toll-free 1-877-918-2039**

Phones are answered  
Monday-Friday  
9 a.m.-5 p.m.

### **Ascension Seton Behavioral Health Services Office Building**

5407 Clay Ave.  
Austin, TX 78756  
t 512-324-2039  
1-877-918-2039 toll -free

### **Ascension Seton Williamson Medical Plaza**

301 Seton Parkway, Suite 103  
Round Rock, TX 78665  
t 512-324-2039  
1-877-918-2039 toll-free

[seton.net/behavioralhealth](http://seton.net/behavioralhealth)

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We support diversity in the workplace.

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# Intensive outpatient programs for adults



**Ascension Seton Behavioral Health Care**



## You don't have to wait until it's an emergency to get help.

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Contact us today for an assessment at no cost to you to help determine which intensive outpatient program is right for you.

### Adult Dialectical Behavioral Therapy (DBT)

- Increase awareness of mood-dependent behaviors, emotional triggers and impulsive behaviors
- Improve emotion-regulation skills
- Strengthen interpersonal and communication skills
- Learn skills for intense and/or painful emotions

Two additional DBT treatment options are also available:

- **DBT-SUD** for substance use disorders to help individuals with the following traits:
  - Substance use that affects ability to function in life, work, and relationships
  - Impulsive behavior interfering with staying sober
- **Radically Open DBT** to help individuals with disorders of over-control and the following traits:
  - Past unsuccessful treatment for anxiety, depression, and harsh self-judgments
  - Behaviors such as perfectionism, obsessive rumination, and all-or-nothing thinking



- Difficulty with expressing emotions
- Avoidance behavior that leads to isolation or lack of daily structure

### Adult dual recovery intensive outpatient program

- Reinforce principles of addiction recovery with emphasis on co-occurring psychiatric disorders
- Understand the role of biological and medical treatments in co-occurring disorders
- Overcome boundaries and stigma associated with addiction and mental illness
- Learn effective coping skills for co-occurring disorders
- Maintain abstinence and develop a sober support system

### Adult mental health

- Help recognize personal strengths and problem areas
- Develop and/or improve use of healthy coping skills
- Identify, challenge and modify unhealthy thoughts and beliefs
- Improve ability to problem-solve and cope with emotional crises
- Change unhealthy behavior patterns
- Improve communication skills
- Set immediate and long-term goals

### Adult chemical dependency

- Reinforce 12 Step core principles
- Learn how to identify and respond to relapse triggers
- Develop coping skills to improve personal well-being
- Understand addiction as a chronic disease
- Maintain abstinence and develop a sober support system