

Group schedule

When: Monday-Thursday, 3-6 p.m.

Where: Groups meet online with Virtual IOP. When meeting in person, groups will meet at the Counseling and Mental Health Center, Student Services Building (SSB), fifth floor

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

**512-324-2039 (opt. 3)
or toll-free 1-877-918-2039 (opt. 3)**

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

Ascension Seton Behavioral Health Services Office Building

3501 Mills Ave.
Austin, Texas 78731

t 512-324-2039, opt. 3

t 1-877-918-2039, opt. 3, toll-free

f 512-380-4251

ascension.org/SetonBehavioralHealth

Intensive Outpatient Programs



Ascension Seton Behavioral Health

Ascension Seton is an Equal Opportunity (EOE) and Affirmative Action Employer.
We support diversity in the workplace.

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Intensive outpatient program for UT students

Ascension Seton Behavioral Healthcare provides intensive behavioral healthcare in central Austin and Round Rock. We are proud to collaborate with The University of Texas at Austin to provide intensive treatment programs for UT students.

Young adulthood is full of significant, exciting, but sometimes overwhelming changes and new responsibilities. Intensive Outpatient Program for UT students will offer an opportunity to learn effective ways to manage life changes and set the stage for success in future endeavors.

The program is designed for the young adult students who may be struggling with depression, anxiety, mental illness or emotional problems which significantly affect their ability to carry out their everyday lives. They may be engaging in activities that place themselves or others at risk or harm.

Program components

- Develop and/or improve use of healthy coping skills
- Identify, challenge and modify distorted thoughts and beliefs
- Address transitions in life
- Improve ability to problem-solve and cope with emotional crises
- Change dysfunctional or destructive behavior patterns
- Improve communication skills
- Set immediate and long-term goals

- Complete structured homework assignments
- Develop an effective aftercare plan

Dialectical Behavioral Therapy Intensive Outpatient Program (DBT IOP)

Dialectical behavioral therapy focuses on helping people work toward building a sense of well-being in life by teaching skills to help manage the following:

- Impulsive behaviors
- Intense emotions
- Chaotic relationships

DBT has been found to be an effective treatment in helping people reduce suicidal or self-harming behaviors and psychiatric hospitalizations, and improve engagement in treatment. The goals of the DBT IOP program include:

DBT core components

- Develop skills to reduce impulsivity
- Increase ability to manage relationships
- Increase awareness of behavior patterns
- Reduce emotional intensity

