



PYRAMID
Healthcare, Inc.

NEW! Mental Health Intensive Outpatient Program (IOP) for Adults at Mechanicsburg Outpatient Treatment Center



Our Mechanicsburg Outpatient Treatment Center now offers mental health intensive outpatient programming (IOP) for adults. Our IOP is the next step in the care continuum after partial hospitalization (PHP) or residential treatment and can also serve as a preventative measure.

Mental health IOP is designed for adults struggling with a range of mental health disorders:

- » Depression
- » Bipolar Disorder
- » Anxiety
- » Panic Disorder
- » Suicidal Thoughts
- » Homicidal Thoughts
- » PTSD
- » Mood Disorders
- » Personality Disorders

Our IOP sessions are held four days a week, each lasting 2 hours and 30 minutes. This schedule offers greater support than traditional outpatient care and allows for the maintenance of employment and home responsibilities. We provide day, evening, and weekend options to fit diverse schedules.

What We Offer

- » Group therapy
- » Individual and family counseling
- » Cognitive Behavioral Therapy (CBT)
- » Dialectical Behavioral Therapy (DBT)
- » Motivational interviewing
- » Group processing
- » Skill-building exercises
- » Referrals to psychiatric providers

We accept Medicaid, most commercial insurance and self-pay. Pyramid Healthcare is a part of the VA Community Care Network.