

All-Desert Mental Health & Wellness

Individualized Care

Our goal is to make sure that each and every participant in our program receives personalized care that is supportive, inspiring, and growth-oriented. It is our mission to empower clients, in order to help them to learn and reclaim healthy and productive behavior patterns, improve relationships, and find their own personal success. We want to lead you on a path toward achieving a better overall sense of well-being and mental, physical, and spiritual fulfillment. We utilize multiple therapeutic modalities to help you and focus on a holistic approach to treatment.

All-Desert Mental Health & Wellness operates under All-Desert Wellness Centers, a 501(C)3 non-profit charitable organization. For more information about how we may be able to help you, please visit our website: www.alldesertmentalhealth.com or give us a call.

Intensive Outpatient Program



All-Desert Mental Health & Wellness
73-726 Alessandro Dr., Ste. 203
Palm Desert, CA 92260

(760)797-5151

“Helping you to help yourself”

Rediscover yourself...

A rebalancing of your mental health through an intensive outpatient program





Why IOP?

The Intensive Outpatient Program (IOP) is a program that provides short-term stabilization for patients who are having difficulty managing their symptoms in traditional outpatient treatment. The IOP can be used as a bridge between in-patient treatment or partial hospitalization and the traditional outpatient treatment. It can also be utilized as a step-up in care when traditional outpatient care does not suffice.

Where We Are Located

Being centrally located in Palm Desert, All-Desert Mental Health and Wellness is nestled in the heart of the beautiful desert valley at the base of the San Gorgonio and San Jacinto Mountains. We provides a comfortable environment with many local amenities and attractions for our participants to thrive in.

Types of Therapies Provided

- Individual Therapy
- Family Therapy
- Process Group
- DBT Group
- Self-Care Group
- Traumatic Experiences Group
- EMDR
- Hypnosis
- Mindfulness and Meditation
- Yoga
- Reiki
- Medication Management
- Art Therapy



The Intensive Outpatient Program meets from 9:00am to 12:15pm on 3-day and 5-day per week tracks, with optional afternoon groups and activities available.



Benefits of IOP

Our outpatient program works with both men and women who are struggling with a number of issues and may need additional support before stepping down to traditional outpatient treatment. Some of the issues we can help with include:

- Depression
- Anxiety
- Trauma
- Bipolar Disorder
- Addiction
- Personality Disorders
- Suicidality
- Self-Injury
- All co-occurring disorders
- Many treatments focusing on grief and loss, stress tolerance, suicide, self-injury, coping skills, relaxation, building support systems, relationships, spiritual health, nutrition, and more