



# HELP FOR HEROES

## Intensive Outpatient Program (IOP)\*\*

Typically 18 - 30 sessions  
(5-days/week then taper to 3-days/week)

*Help for Heroes<sup>®</sup> restores the resiliency of First Responders, Veterans, and Active-Duty Military Service Members.*

**Provides:** Group Therapy, Family Therapy, and Case Management

Client can also enroll in separate program for Medication Management (monthly visits)

**Transportation:** Available (within 25-mile “as a crow flies” radius of the hospital)

**Program Hours** | Monday – Friday 10:00am – 1:00pm

Title	Name	Office Number
Help For Heroes IOP Therapist	Tiffany Begley	737-808-4828
Outpatient Director	Cassandra	512-942-0208
Clinic Manager	Tyrah	737-808-4838
Nurse	Brandy	737-808-2183

\*\*A separate entrance can be utilized for further anonymity