Directions to Johns Hopkins Bayview

From points South (including BWI Airport):
Take I-295 North to the Harbor Tunnel Thruway (I-895). After exiting the tunnel, take Exit 12, Lombard St. Turn left at the first traffic light. Make a left at the next light into the entrance for 5500 Lombard St.

or

Take I-95 North through the Fort McHenry Tunnel to Exit 59, Eastern Ave. Turn left onto Eastern Ave., then make a right onto Kane St. Turn left onto Lombard St., then make a right at the traffic light into the entrance of 5500 Lombard St.

From points North and East:
Take I-95 South to Exit 59, Eastern Ave. Turn right onto Eastern Ave., then make a right onto Kane St. Turn left onto Lombard St., then make a right at the traffic light into the entrance of 5500 Lombard St.

or

Take I-895 South to Exit 12, Lombard St. Continue straight on Lombard St. to the second light. Make a left into the entrance for 5500 Lombard St.

For a complete map of the campus, visit hopkinsbayview.org/mapsanddirections/
The Intensive Outpatient Program for Adults (IOPA) at Johns Hopkins Bayview Medical Center is a group program focused on reducing symptoms and developing coping skills. The groups are influenced by Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). The program is designed for patients who need more support and treatment than traditional outpatient therapy can offer. IOPA is designed for patients who have just been discharged from a psychiatric hospital or are looking for an alternative to hospitalization. We also accept more stable patients who are looking to learn effective coping skills.

Our Staff
IOPA is staffed by a psychiatrist, mental health therapists and social workers.

Who We Serve
Ideal candidates are patients with mental illness who need symptom management including stabilization, transition from inpatient to outpatient care, medication management or intensive skills training.

Patients experiencing severe psychosis, active substance abuse, or who cannot meaningfully participate in groups generally do not benefit from IOPA.

Program Content
We provide a group-based program consisting of three groups daily to help patients develop skills in five categories:

- Healthy relationships
- Healthy thinking
- Mindfulness
- Self-care
- Tolerating distress

Patients attend IOPA daily, Monday through Friday from 9:30 a.m. to 12:30 p.m. Patients meet weekly with an individual therapist and psychiatrist. A light breakfast is included every day. Transportation is provided for a limited area.

Patients benefit from the social experience of being in a group environment. They build confidence as they learn how to successfully manage stressors in their lives while in a safe, comfortable and nurturing setting.

Referrals
To make a referral, call 410-550-1933. Various insurances are accepted, including Medical Assistance, Medicare and some private insurance.