



New Program Delivers Flexible Behavioral Health Treatment to Flower Mound

August 13, 2026

FLOWER MOUND, TX - August 13, 2026 -

Bricolage Behavioral Health, an outpatient mental health provider, announced the launch of an evening Intensive Outpatient Program (IOP) for adults, effective July 1, 2026. This intensive-outpatient program meets on Mondays, Wednesdays, and Fridays from 5:30 to 8:30 PM, making structured behavioral health treatment now accessible to working adults, caregivers, and others for whom daytime programming has not been an option. The expansion marks the first time Bricolage Behavioral Health has offered clinical services outside of daytime hours, extending the same evidence-based, whole-group engagement model the facility has used with adolescents to an adult population that is navigating mental health and substance use challenges.

Bricolage Behavioral Health has operated since 2019 on the conviction that structured, meaningful mental health care should be available to anyone willing to do the work. As the organization's own clinical documentation states, "sustained healing and recovery from mental health concerns is absolutely possible for anyone, whether that's a diagnosis of depression or schizophrenia." Intensive outpatient programs occupy a critical middle ground in the behavioral health continuum; more structured and more frequent than standard outpatient therapy, but without the disruption of a residential or inpatient stay. Participants will attend three sessions per week, each time for three hours, receiving consistent clinical support while maintaining their

jobs, their families, and their daily lives. It is the level of care that research consistently identifies as effective for adults managing moderate to severe mental health and substance use challenges. And one that, until now, was unavailable to adults in Bricolage's program at hours that actually worked.

Bricolage's IOP utilizes a clinical framework that prioritizes active engagement throughout every session. Most group therapy programs rely on a round-robin format: one participant speaks while the others wait. This structure tends to limit engagement and slow skill development for everyone in the room. Bricolage's whole-group engagement model instead focuses on tasks, pair work, project-based activities, and even structured role play to keep every participant actively involved throughout the entire session. This builds emotional regulation, assertive communication, and real-world coping skills through practice rather than conversation. For the working adult who has put off treatment because nothing has been available that fits the schedule, or because standard outpatient therapy did not feel like enough, the new evening IOP represents a genuinely different option.

This expansion comes at a critical moment for behavioral health access in Texas. According to the Texas Hospital Association (THA), "for behavioral health patients in Texas' large and vulnerable Medicaid population, there are usually two types of care: round-the-clock inpatient stays and outpatient treatment. The continuum of care between those two options ? a staple of physical care ? is virtually nonexistent." The THA has identified coverage of intensive outpatient therapy as a priority solution, noting that IOP programs offer patients more flexibility and more care than traditional outpatient therapy ? without the disruption of an inpatient stay. Bricolage Behavioral Health's new evening program is designed to fill precisely that gap, at hours that accommodate real adult lives.

As demand for flexible behavioral health services continues to rise across North Texas, evening IOP represents a meaningful shift in how structured care can be delivered. The working adult who has delayed treatment for months or years because nothing fits their schedule now has an option. If the broader adoption of evening and flexible IOP models follows, as the clinical community and state health advocates recommend, the gap between those who need intermediate-level care and those who actually receive it may, for the first time, begin to close.

About Bricolage Behavioral Health

Bricolage Behavioral Health is a Joint Commission-accredited outpatient mental health and substance use treatment facility located in Flower Mound, Texas ? now offering Intensive Outpatient programming that is

grounded in evidence-based therapies and whole-group engagement for adults. Bricolage is in-network with most major commercial insurance plans and accepts referrals from clinicians, educators, and healthcare providers across the Dallas-Fort Worth area. Give us a call at 469-968-5700 today!

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For more information about Bricolage Behavioral Health, contact the company here: Bricolage Behavioral Health
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Bricolage Behavioral Health

Bricolage Behavioral Health was created to provide a supportive environment for teens and adolescents to realize the best versions of themselves. We believe whole family healing can put your children on the path to a healthier, happier life.

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