



SHARE new mexico™

Intensive Outpatient Program IOP

Our Intensive Outpatient Program (IOP) is designed to provide a structured, supportive environment for individuals seeking to address substance use/mental health challenges while maintaining their daily responsibilities.

Our program combines evidence-based therapies, such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), with personalized care tailored to each participant's unique needs. Patients attend multiple sessions per week, engaging in individual therapy, group therapy, and family counseling to build coping skills, process emotions, and foster resilience. With a focus on creating a safe and therapeutic space, our IOP allows patients to practice new strategies in real-life situations while benefiting from the guidance of skilled clinicians. Whether transitioning from inpatient care or seeking more intensive support than traditional outpatient therapy, our IOP empowers individuals to regain balance and achieve long-term wellness.

Currently accepting BCBS Commercial, BCBS Medicaid, and regular Medicaid Insurance.

Details

Ages: Adults

Races: All

Genders: All

Intake Process: Call Email Walk-In

Special Needs: Behavioral health or substance abuse

Minimum Age: 18

Contact Email: admin@lowkeyserene.net

Services

Locations

Lowkey and Serene Therapy

5640 Venice Ave NE Suite L
Albuquerque, NM 87113

Phone: (505) 408-4280

Hours: Office hours 9:00am-5:00pm / IOP GROUPS currently are from 6:00pm-9:00pm MWTH

Geographic Area Served: Bernalillo County

Parent Organization

Lowkey and Serene Therapy

We are a woman veteran-owned behavioral health organization specializing in Intensive Outpatient Programs (IOP) for substance use and mental health disorders. We also provide individual therapy for a wide range of mental health issues. Our evidence-based, compassionate care supports clients in achieving lasting recovery and wellness.

*5640 Venice Ave NE Suite L
Albuquerque, NM 87113*

Phone: (505) 408-4280

<http://www.lowkeyandserene.com/>