

MOVING BEYOND

Chemical Dependency IOP Program for Adults

Our Intensive Outpatient Program (IOP) can provide additional support for those struggling with substance use issues when traditional outpatient treatment has not been effective in fully meeting patient needs.

IOP provides group therapy that allows patients to learn from others and gain needed support while allowing patients to maintain regular activities in their family, job and community. Patients must be willing to abstain from all substances in order to participate in the group.

- Increase use of healthy coping skills
- Improve relationships with others
- Learn to manage anger
- Decrease self-harming behaviors
- Increase positive sense of self
- Improve communication skills
- Find new ways to cope without using substances



Our licensed therapists provide individualized treatment to meet the specific needs of our patients. We base our curriculum on the 12-step model to give our patients the best chance for a lasting recovery.

Our three-day-a-week program provides a more concentrated level of care than traditional outpatient treatment. Each day we provide three hours of group therapy. The average length of treatment is eight weeks or 24 sessions.

*Call **520-322-2888** or **844-884-2273** to request a free assessment.*



Restoring Lives, Renewing Hope

Palo Verde
BEHAVIORAL HEALTH

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