




**CAPITAL REGIONAL
BEHAVIORAL HEALTH CENTER**

ADULT SUBSTANCE ABUSE

Intensive Outpatient Program

(850) 325-5750

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TALLAHASSEE, FL | 32308

Adult Substance Abuse Intensive Outpatient Program

The goal of our Substance Abuse Intensive Outpatient Program (IOP) is to empower each person to develop effective strategies that will help them achieve and maintain sobriety through learning new ways to cope with their addiction. Our program includes 12 hours of therapeutic group activities per week.

Substance Abuse Intensive Outpatient Program is designed to help the client that:

- Is 18 years of age or older
- Is experiencing difficulty achieving and maintaining sobriety or as a step-down from a higher level of care
- Needs support to achieve sobriety and establish a sober support system

PROGRAM COMPONENTS

- Intensive group therapy on a variety of topics to include personal triggers, cravings, family issues, depression/anxiety and relapse prevention planning
- Psychosocial Assessments
- Treatment Planning
- Discharge Planning
- Individual and family sessions when clinically appropriate
- Medication Management

Intensive Outpatient Program:
Monday - Thursday | 4 p.m. - 7:30 p.m.
CapitalRegionalMedicalCenter.com