



Chemical Dependency Intensive Outpatient Program



Benefits of Chemical Dependency Outpatient Program

Our Adult Chemical Dependency Intensive Outpatient Program (CD-IOP) is outpatient treatment for substance abuse disorder. It offers continued care for hospitalized detox patients as well as those trying to maintain their sobriety. Patients participate in group therapy and ongoing education of their addictions, focusing on relapse prevention, withdrawal management, and coping skills to manage triggers and cravings. The treatment team includes a Psychiatrist, Registered Nurse and Licensed Chemical Dependency Therapist.

CD-IOP clients attend three days per week, on Monday, Wednesday, and Thursdays, from 09:00AM-12:00PM.

patients must be sober and off all substances, including prescribed addictive medications.

- Trauma-Informed therapy with CADC (Certified Alcohol Drug Counselor)
- Alternative to inpatient hospitalization and residential treatment
- Step-down from inpatient or residential treatment
- Patients learn to manage their behaviors, emotions and thinking to prevent relapse.
- Patients can manage recovery with work, school or family commitments
- Patients learn to cope with triggers
- Build community with others in recovery.

Vista del Mar Outpatient Services

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