



# VISTA<sup>del</sup>MAR

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## HOSPITAL

### Military Intensive Outpatient Program (IOP)

**3 days/week**

Program is structured for Active-Duty members in all Military branches. The Military IOP is open to all Active-Duty and Veteran members.

## About Vista Del Mar's Military IOP

Vista del Mar's Military and Veteran Intensive Outpatient Program (IOP) provides intensive short-term treatment for your psychological, emotional, and addiction issues. We offer flexible scheduling to balance treatment needs and everyday responsibilities.

We offer a full spectrum of outpatient services in a caring atmosphere where patients participate in their treatment. Service members create a safe and accepting community within our outpatient setting to begin their road to a successful reintegration.

Vista del Mar accepts most insurances. TriCare and VA providers can submit an authorization request directly to TriCare or the VA as pre-authorization is required to attend our program

## What are the benefits of the Military Program?

- May serve as a step-down from inpatient care
- Participants are taught tools for coping with triggers
- Personalized treatment plans
- Evidence-based treatment therapy
- Participants will practice mindfulness and positive self-talk
- Learn to balance treatment needs with each of their own responsibilities outside of treatment
- Intensive group therapy

## We Accept Most Insurances!



**Located at:**

**801 S. Victoria Avenue #303  
Ventura, CA 93003**

**Interested in our program or  
have questions?**

**Call 805-850-4001**

**or visit [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)**

