



# Military and Veteran Outpatient Program

## Military and Active Duty Intensive Outpatient Program (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. Attendance is three days per week, three hours per day, with program completion within 16-20 weeks.

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.



## Benefits of Outpatient Program

- Alternative to inpatient hospitalization
- Step-down from inpatient care
- Participants are taught tools for coping with triggers.
- Personalized treatment plans
- Medication management
- Evidence-based treatment
- Intensive group therapy, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), within Trauma-Informed Care.
- All program participants are given after-care referrals to community partners.

## Vista del Mar Outpatient Services

To Learn More, call (805)850-4001  
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[www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)