

Recovery Intensive Outpatient Program Schedule

| Time | Monday | Wednesday | Friday |
|-------------------|--------------------------------|--|--------------------------------|
| 1 to 2:15 p.m. | Psychoeducational Skills Group | Relationship Psycho-educational Skills Group | Psychoeducational Skills Group |
| 2:15 to 3:30 p.m. | Group Psychotherapy | Relationship Group Psychotherapy | Group Psychotherapy |

Weekly Programming

1. Individual therapy is scheduled weekly with a concentration on specific treatment plan goals identified by the client including co-occurring disorders, mood and anxiety, grief and trauma, substance use, nicotine support, career development, sexual health, and process addictions.
2. Group Psychotherapy is offered three times a week. This group is a process group format where clients can discuss anything that they are currently struggling with as well as to identify what is working well.
3. Psychoeducational skills groups are offered three times a week and rotate across topics such as self-compassion and shame resilience, along with evidence-based therapies, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT).
4. Weekly family therapy is facilitated by a clinician based on the client's treatment plan.
5. The weekly Relationship-focused Groups provide opportunities for clients' psychoeducation and relationship processing. Topics will include codependency, boundary setting, substance use, and addiction education, motivational enhancement and behavior change, self-care, effective communication, a monthly medical lecture by addiction psychiatrists, and addiction's impacts on the family.
6. Medication management provided by the Center for Addiction Medicine.



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