



Substance Use Treatment

Adolescent Intensive Outpatient Program

Healthy Minds. Healthy Communities.

Intensive Outpatient Treatment Program for Adolescent Youth

Adolescent Intensive Outpatient Treatment (IOP) is provided in separate groups for girls and boys ages 12 to 17 who have substance use and co-occurring emotional or behavioral issues that influence their ability to function at home, at school or in their community.

CPC utilizes evidence-based practices and treats the whole person, integrating treatment for both substance use as well as mental health disorders. Our person-centered approach takes into consideration every individual's strengths, abilities and circumstances in order to meet their personal goals for wellness and recovery.

Focus of Treatment includes:

- Learning to live without abusing substances
- Learning healthy coping skills and supports for emotional and behavioral issues
- Relapse prevention planning
- Coping with trauma and abuse issues
- Learning to tolerate rules and function in a structured environment in order to be able to set positive goals for the future with regard to education and employment

Treatment Each Week includes:

- Group Therapy
- Individual Therapy
- Family Therapy
- Ongoing care management for the course of the program
- Additional services available:
 - Psychiatric evaluation and medication monitoring
 - Aftercare provided

Program Hours - *Services currently offered via telehealth*

Adolescent Girls
Monday and Wednesday
4:30 pm - 6:30 pm

Adolescent Boys
Monday and Wednesday
5:00 pm - 7:00 pm

Appointments:

For more information or to schedule an appointment, call our Access Department at (800) 250-9811.

Payment:

CPC accepts Medicaid, Medicare and most private insurers. Grant funding available