



**NEW**

## **CO-OCCURRING DISORDERS PROGRAM**

**Intensive Outpatient Treatment Program for Individuals with Substance Dependence and Severe Mental Health Disorders**

- **Eligible individuals will participate in a three hour group session three times per week for 12 weeks**
- **Groups will be limited to 12 persons and will include opportunities for discussion as well as educational topics related to managing addictions and co-occurring mental illness**

**The IOP group facilitators will draw from evidence-based theoretical approaches such as Cognitive Behavioral Therapy, Motivational Enhancement Therapy and Dialectical Behavior Therapy.**

**Contact us at:**  
**919-787-6131**  
**Ext 1105**