

Substance Use Intensive Outpatient Program

The Substance Use Intensive Outpatient Program (IOP-SU) through Porter Adventist Hospital is a 12-week program that provides comprehensive treatment for individuals with a pattern of substance abuse or dependency. Our team of clinicians helps to identify specific individual, medical, and psychological needs and facilitate a rehabilitation plan that helps lead participants to long term recovery. The program uses evidence-based curricula, incorporating the 12-Steps, Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT) methods into the IOP structure. Admission to the program is based on an assessment prior to starting group.

Program Schedule

Clients are expected to attend group every week up to 12 weeks.

Monday	Process/Therapy Group	6:00-9:00PM
Wednesday	DBT / Life Skills Group	6:00-9:00PM
Thursday	12-Step Group	6:00-9:00PM

Goals and Objectives

- Discover, label, and learn to recognize feeling states
- Initiate a foundation for sober living
- Identify primary emotional “triggers”
- Develop a wide variety of cognitive, emotional, and behavioral coping skills
- Learn to employ and actively use appropriate coping skills in daily life
- Seek out possible relapse warning signs
- Construct a supportive recovery environment
- Create a personalized and applicable Relapse Prevention Plan
- Utilize and assist other group members constructively in the treatment experience

Insurance and Managed Care

Porter Adventist Hospital and The Centre for Behavioral Health are both contracted with most major insurance plans including Medicare. The Center for Behavioral Health does accept ABC and BHI Medicaid for our Substance Use Intensive Outpatient Program (SU-IOP).

Staff

The Intensive Outpatient Program Substance Use is staffed by Licensed and Certified Clinicians with credentials in addictions and mental health.

Information and Referrals

For questions regarding the Substance Use Intensive Outpatient Program or to make a referral please contact us directly at 303-778-5774.

More information about us and our behavioral health services at:
www.porterhospital.org/behavioralhealth

Behavioral Health Services
Porter Adventist Hospital



Intensive Outpatient Program Substance Use
2465 South Downing Street,
Denver, CO 80210
Phone: 303-778-5774 Fax: 303-778-2436
porterhospital.org/behavioralhealth