Our treatment program addresses both concerns simultaneously by:

- Using evidence-based treatments personalized to each client’s needs
- Providing support and education to help overcome problematic substance use

**At a glance:**

- Program hours allow clients to continue their regular work and school schedule
  - Monday, Tuesday, Wednesday and Thursday
  - Hours: 3:30 p.m. – 7 p.m.
  - Average program length: 4 to 6 weeks
- Clients participate in structured groups led by licensed clinicians and certified peer recovery specialists:
  - Process-oriented psychotherapy
  - Experiential skills training
  - Recovery-focused education
  - Weekly family group session
- Additional touchpoints:
  - Each client will meet with a psychiatrist and social worker to discuss short-term and long-term goals and to create an individualized plan of care
  - We coordinate with outpatient therapists and/or medication providers to ensure continuity in each client’s care after discharge

**VANDERBILT CO-OCCURRING DISORDERS INTENSIVE OUTPATIENT PROGRAM (IOP)**

*Designed to meet the specific needs of adults struggling with both mental health and substance use concerns.*

Co-Occurring disorders are common among people in recovery. Our approach gives those in treatment the best chance of leading full and independent lives.