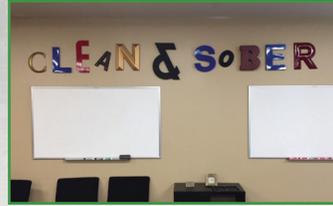




INTENSIVE OUTPATIENT PROGRAM



Why - Azure Acres Recovery Center has been providing exceptional alcohol and drug treatment services for over 60 years. Many people can begin recovery at this level of treatment while continuing employment and fulfilling other daily responsibilities. For others, it offers a therapeutic continuum of care after transitioning from Detox, Residential and Partial Hospitalization programs. Some IOP participants are in the early stages of addiction, while others may have struggled with their disease for decades.

Intensive Outpatient groups meet 4 times per week for 6-8 weeks offering both day and evening schedules. The Thursday night group also invites our life time continuing care clients to participate in group and alumni activities.

How to Begin - It is our goal to help you maintain your long-term recovery at Azure Acres IOP. Treatment begins the moment you call. Our friendly and experienced staff will schedule a confidential assessment within 24-hours. Our intensive outpatient program is comprised of group and individual sessions and is a mix of education and written assignments that will help improve awareness, motivation, insights and more.

Staffing/Licensing - Azure Acres staff members are committed to providing the highest quality of care by embracing the values of integrity, compassion, clinical excellence, and by using evidence based practices.

Program Features

- Free Confidential Assessment
- Covered by most Insurance Plans
- Individual Counseling and Treatment Planning
- Educational Lectures on Addiction
- Education regarding Co-occurring Disorders
- Recovery Skills Training Groups
- Family Program Group Sessions
- Relapse Prevention
- Stress Reduction
- Community Support Groups Orientation
- Life Time Continuing Care
- Alumni Fellowship

In addition, while participating in the program, you will learn to:

- Develop skills to manage stress using mindfulness and meditation
- Learn how to counteract impulses and triggers to use
- Identify and express feelings and emotions
- Improve upon decision-making and resiliency

A 2nd Chance at a Changed Life

Working together to provide quality healthcare

Two, centrally located facilities, near public transportation:
2641 Cottage Way, Suites 8,9,10 | Sacramento, CA 95825 | Direct (916) 764-3919
7064 Corline Court, Suite A | Sebastopol, CA 95472 | Direct (707) 823-3385
www.azureacres.com | Toll Free/After Hours (800) 222-7292

