

River's Bend PC ADOLESCENT INTENSIVE OUTPATIENT PROGRAM



River's Bend PC's Adolescent IOP program treats substance use disorders and co-occurring mental health disorders within a safe, compassionate, and educational environment.

Monday, Tuesday, and Thursday
5pm-8pm
6-8 weeks in length
Hybrid Format

Group Topics Include:
Common Mental Health Diagnoses
Disease Model
Self-Esteem
Communication and Boundaries
Relapse Prevention
Decision Making
Wellness and much more!



7125 Orchard Lake Road
West Bloomfield, MI 48322



(248) 702-6132

Who Can Benefit from the Dual Diagnosis IOP?

The Dual Diagnosis IOP is designed to help a wide range of individuals with mental health and substance use disorders that may include: Anxiety Disorders, Cannabis Use Disorder, Alcohol Use Disorder, Depression, Bipolar, Nicotine/Vaping Addiction, PTSD, Stress Disorder, Opiate Use Disorder, Borderline Personality Disorder, Grief and Loss, Panic Disorder and more.

What can my teen expect during IOP?

- A warm and welcoming environment where they can feel safe expressing themselves.
- An interactive educational topic to begin the group, topics include recovery, coping skills, family systems, self-esteem, communication, emotional regulation, forgiveness and more.
- An opportunity for group discussion led by our highly trained and experienced adolescent therapists- this time is used to process and discuss whatever is on the minds and is a problem-solving, reflective, and empowering skill building time.
- An option for individual or family therapy sessions that can coincide with the group therapy.
- Psychiatric Services are available for those that may need to manage their symptoms with medication management.
- A continuity of care with other healthcare professions when necessary to provide a seamless course of treatment

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