

## Sage Recovery & Wellness Center

### Adolescent Intensive Outpatient Programs

Our Adolescent Intensive Outpatient Programs (IOPs) provide much needed support for high school-aged adolescents who struggle with mental health and/or substance abuse. We offer two distinct programs: one geared solely towards **mental health** concerns, and the other for adolescents struggling with **substance abuse or dual diagnosis**. Both of these groups rely heavily on **Dialectical Behavior Therapy (DBT)** techniques, focuses on coping skills, distress tolerance, mindfulness, emotion regulation, interpersonal effectiveness, family involvement, and education on the link between mental health and substance abuse.

These issues affect the entire family, therefore we highly encourage parents and/or legal guardians to be involved in the healing process. Each Friday during Multifamily Group, parents and adolescents come together to discuss special topics and review skills that the adolescents have been learning in order to further support and coach their child in self-management.

#### 5:00-8:00pm Tuesday, Thursday, Friday for 7 weeks

- Group Therapy
- Yoga Therapy
- Art Therapy
- Multifamily Group Therapy & Education
- Individualized Case Management Services
- Comprehensive Discharge Plan
- Optional a la carte services
  - 6-month Aftercare DBT Skills Group
  - Acupuncture Detoxification

#### Sage offers additional services for the whole family –

- Individual Therapy
- Family Therapy
- Couples Therapy
- Free Family Education Night

All new clients receive a comprehensive assessment performed by one of our master's level clinicians.

Reduced rates, payment plans, and in-network insurances available.

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