



Recovery Intensive Outpatient Program Schedule (RIOP)

	MON	WED	FRI
Psychoeducational Skills Group	1–2:15 p.m.		1–2:15 p.m.
Relationship Psychoeducational Skills Group		1–2:15 p.m.	
Group Psychotherapy	2:15–3:30 p.m.	2:15–3:30 p.m.	2:15–3:30 p.m.

Weekly Programming

- Group Psychotherapy is offered three times a week. This group is a process group format where clients can discuss anything that they are currently struggling with as well as identify what is working well.
- Psychoeducational Skills Groups are offered three times a week and rotate across topics such as self-compassion and shame resilience, along with evidence-based therapies, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT).
- Weekly relationship-focused psychoeducational groups provide opportunities for psychoeducation and relationship processing. Topics include boundary setting, substance use and addiction education, motivational enhancement and behavior change, self-care, effective communication, a monthly medical lecture by addiction psychiatrists, and addiction's impacts on the family.
- Individual therapy is scheduled weekly with a concentration on specific treatment plan goals identified by the client including co-occurring disorders, mood and anxiety, grief and trauma, substance use, nicotine support, career development, sexual health, and process addictions.
- Weekly family therapy is facilitated by a clinician based on the client's treatment plan. Clients will receive Recovery Counseling in lieu of family therapy when clinically indicated.
- Medication management is provided by the Center for Addiction Medicine. Clients see our board-certified addiction psychiatrists bi-weekly throughout the program.