

Adolescent Outpatient Substance Use Disorder Services



INTENSIVE OUTPATIENT PROGRAM (IOP)

The Intensive Outpatient Program (IOP) provides structured group counseling for youth, ages 13-17, to address substance use disorder and recovery skills. Our programs offer personalized care, using evidenced-based practice in a welcoming and patient-centered environment on the VHC Health main campus.

IOP SCHEDULE

Monday and Wednesday – 4:00 to 7:00 p.m.

IOP consists of two, three-hour group sessions per week for six weeks. Each session includes an educational topic, therapeutic processing, and structured assignments tailored to assist recovery.

COMMON CONDITIONS WE TREAT

- Substance Use Disorders
- Co-occurring Anxiety Disorders
- Co-occurring Mood Disorders
- Co-occurring Psychosocial Stressors

SERVICES PROVIDED

- Psychiatric evaluation and medication monitoring
- Individual counseling for members of IOP
- Family meetings and education
- Risk assessment, safety planning, and monitoring
- Care Coordination

TOPICS COVERED

- Education on impacts of substances and behaviors on the brain; recovery techniques; and relapse prevention
- Building Healthy Coping Skills
- Safety Planning
- Support for Healthy Living
- Establishing meaningful relationship connections

IN NETWORK INSURANCE PLANS

We accept all major commercial health insurance plans, Blue Cross/Blue Shield Federal, United Health Care, Aetna, Cigna, Medicare Part A&B, Tricare, and Virginia Medicaid.

CONTACT US

703.558.6750

Adolescent Admissions:

1715 North George Mason
Dr. Suite 201
Arlington, VA 22205

IOP Group Location

1851 North George Mason
Dr. Arlington, VA 22207