



INTENSIVE OUTPATIENT PROGRAMS (IOP)

SUBSTANCE USE DISORDER

MENTAL HEALTH

MENTAL HEALTH
Trauma and Grief Focused

MENTAL HEALTH
Women ONLY

MENTAL HEALTH
Men ONLY

Our IOP programs are developed around our clients needs. We offer a variety of options and times with immediate availability.



TROY
248-585-3239
WEST BLOOMFIELD
(248) 702-6132

 www.riversbendpc.com

What to expect from the Intensive Outpatient Program

-  Programs run 6-8 weeks or more, depending on medical necessity
-  Sessions are 3 hours in length, 3 times a week, a total of 9 hours a week commitment
-  IOP Sessions can be held in-person or virtually using your smart phone, tablet or computer
-  A safe place to share and provide an opportunity to gain coping skills
-  An opportunity to check-in, identify feelings and process within a group setting



**START YOUR
JOURNEY TODAY**

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