

DUAL DIAGNOSIS IOP

INTENSIVE OUTPATIENT PROGRAM

24 GROUP SESSIONS TO PROMOTE ABSTINENCE / SOBRIETY WITH ALL ADDICTIVE BEHAVIORS

- Develop Healthy Coping Skills
- Promote Abstinence/Sobriety
- Increase Health and Wellness
- Decrease Self Harming behaviors
- Increase Self Esteem
- Manage Intense Stress
- Regulate Emotions
- Tolerate Distress
- Increase Mindfulness
- Be More Interpersonally Effective

Monday and Wednesday Evenings 6 PM to 9 PM
Saturday Mornings 10 AM to 1 PM

****This is a Virtual Program****

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Core Topics

- Dialectical Behavioral Therapy
- Interpersonal Effectiveness
- Distress Tolerance
- Emergency Planning
- Emotion Regulation Skills
- Mindfulness
- 12-Step Involvement

This Dual Diagnosis Program is meant to help adults 18 and over, specifically with both chemical dependency and mental health conjoint diagnoses. It would be appropriate for those with drug / alcohol / gambling / gaming / shopping / sex / other addictive behaviors. The goals are to teach clients how to maintain sobriety, along with learning and practicing important life skills to offset strong emotional responses that occur as a result of being sober, in a setting that is supportive and stable.

Please call **Michael Pollak** at **440 392 2222 Ext. 301** for an initial assessment