



DUAL DIAGNOSIS

ADDICTION AND MENTAL HEALTH
INTENSIVE OUTPATIENT PROGRAM

24 SESSION

HYBRID PROGRAM

MONDAYS AND WEDNESDAY, IN-PERSON 6PM TO 9PM
SATURDAYS, VIRTUAL 10AM TO 1PM EST

**MICHAEL POLLAK, PCC-S, LICDC,
IOP FACILITATOR**



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DEMOGRAPHIC

For adults 18 and over, specifically with simultaneous chemical dependency and mental health diagnoses. It has also been effective for those with drug, alcohol, gambling, gaming, shopping, sex, other addictive behaviors.



HELPS:

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



CORE TOPICS

This program will offer tools using DBT and CBT skills to improve emotion regulation, personal responsibility, decision making and interpersonal effectiveness.



COST

Please contact us about which insurances we can accept. Copays and deductibles are due at each session. We also offer self-pay options that include prearranged payment plans.

This evidenced based program is meant to teach clients how to maintain sobriety, along with learning and practicing coping skills to offset strong emotional responses, in a setting that is supportive and stable.