

# DUAL DIAGNOSIS

ADDICTION AND MENTAL HEALTH  
INTENSIVE OUTPATIENT PROGRAM

24 SESSION  
HYBRID PROGRAM  
FOR OHIO RESIDENTS

MONDAYS & WEDNESDAYS, IN-PERSON 6PM TO 9PM  
SATURDAYS, VIRTUAL 10AM TO 1PM



**JOHN FIORITTO, LPCC, LICDC**  
INTENSIVE OUTPATIENT PROGRAM 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
- 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.

*Program developed by Michael Pollak, PCC-S, LICDC*



[www.behavioralwellnessgroup.com](http://www.behavioralwellnessgroup.com)



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