

Sentara Behavioral Health Services
**Intensive Outpatient
Program (IOP)**

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Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.

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10/2018



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Sentara Behavioral Health Services Intensive Outpatient Program (IOP)



The Intensive Outpatient Program (IOP) offered through Sentara Behavioral Health Services is designed for clients with chemical dependency and substance addiction who are beginning recovery. The program allows clients to receive the help and therapy they need with minimal disruption to their lives.

Clients in the programs will develop the skills necessary to understand addiction as well as recovery, and identify triggers that may lead to relapse.

Services Offered

- Comprehensive screening and assessment
- Individual treatment planning and review
- Group therapy and support
- Individual therapy
- Psychoeducational programming
- Transition to home and discharge planning

Length of Program

Participants typically attend the program three hours per day, three days per week for six weeks. The duration of the program is determined through an individualized treatment plan developed by the participant and a licensed therapist.

Clinical Team

To offer our clients comprehensive care and treatment, our program is staffed by a team of licensed professionals, including psychiatric nurse practitioners and clinical therapists, who specialize in treating mental health issues.

Admission Process

A referral is not required to be admitted to the program.

Confidentiality

We follow strict confidentiality laws for all of our clients. No information about any patient, including their presence in treatment, can be released or obtained without written permission.

Costs

Most insurance companies, including Medicare and Medicaid, assist with payment for intensive outpatient programs. Our intake coordinators work with each client to help them understand their benefits.

Getting Started

Our Intensive Outpatient Program is currently offered in two locations. For a confidential consultation or to refer a patient, please call one of our offices below:

Sentara Virginia Beach General Hospital

1020 First Colonial Road, Suite B
Virginia Beach, VA 23454
757-395-1405

Sentara Halifax Regional Hospital

Downtown Office Complex
504 Wilborn Avenue
South Boston, VA 24592
434-517-3651