

INTER CARE

MANHATTAN · WESTCHESTER

Specialists in Alcohol and Substance Use Treatment

Intensive Outpatient Program

Manhattan

Mondays - Thursdays

10:00am - 1:00pm

5:30pm - 8:30pm

Westchester

Mondays - Thursdays

10:00am - 1:00pm

6:00pm - 9:00pm

Our intensive outpatient program is a two-step framework of rehabilitation offering individual counseling, group therapy, and psycho-education, with a focus on recovery and relapse prevention.

Phase I is the most intensive, with 4 sessions weekly for a period of six to eight weeks each session being 3 hours in length. This phase incorporates DBT, CBT, 12 Step Recovery, Smart Recovery and Recovery workshops with the goal of maintaining and building a stable support network early in a clients recovery.

Phase II, patients still maintain a high level of treatment intensity meeting two times per week for 12 weeks. Upon IOP program completion, the patient continues in an individualized advanced recovery program and is encouraged to join the Alumni Association.

This program provides an integrated treatment approach for co-occurring chemical dependency and psychiatric disorders. The program and its specialized team are managed by a board certified psychiatrist, who is involved in all assessments and treatment planning.
For more information contact our intake department at
212-532-5804

51 East 25th Street, Lower Level, New York, NY 10010 (212) 532-0303

7 West Cross Street, Hawthorne, NY 10532 (914) 437-6800

www.inter-care.com