



## INTENSIVE OUTPATIENT PROGRAM

Texas Star Recovery offers an evening Dual Diagnosis Intensive Outpatient Program (IOP) for clients in all levels of substance use recovery.

### IOP COMPONENTS:

Monday, Tuesday, Thursday  
6:00pm - 9:00pm  
Six weeks, 20 sessions

- ★ Masters level clinicians that specialize in addiction
- ★ Individual and family therapy
- ★ Family education twice a week
- ★ Alumni group
- ★ Comprehensive discharge planning
- ★ Referrals for aftercare

Group size is a maximum of 10 people to ensure individual attention. The highly structured and supportive environment empowers clients to establish and maintain abstinence from alcohol and drugs, while participating in their day to day lives and responsibilities.

The IOP also includes guest speakers such as medical doctors and psychiatrists specializing in addiction and recovery.



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Treatment draws from evidenced based therapy; such as Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy and Mindfulness-Oriented Recovery Enhancement.

An important goal of the program is to reduce the stigma of addiction through education for clients and families. We provide family educational groups twice weekly and an opportunity for family therapy. While research shows group therapy to be most effective for substance use, we provide individual therapy to enhance treatment.



Texas Star blends process and psychoeducational group therapy to treat substance use and mental health disorders, such as anxiety and depression, which frequently co-occur with addiction.

IOP is an excellent support for a client's first time in treatment or as a step down level of care from residential treatment.

Texas Star accepts most managed care and Medicare plans.

**Texas Star Recovery**  
1101 West Dittmar Road  
Austin, Texas 78745

512-462-6729  
Fax 512-462-6714  
texasstarrecovery.com

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