



Imagine

R E C O V E R Y

We work with
INSURANCE
call 504.605.4095

Intensive Outpatient Program (IOP)

Substance Misuse and Mental Health

Day IOP – 10 weeks

Groups Monday, Wednesday, Thursday 10:00am-1:00pm
(Group size average 6-7 clients, maximum 10)

1 individual therapy session weekly

Family therapy, education, support

IOP groups in-person
OP groups in-person
Individual therapy offered in-person
and virtually



- *Mindfulness*
- *Recovery Skills*
- *Mind-Body Medicine Skills*
- *Psychoeducation*
- *Process Groups*
- *Nutrition*
- *Music*
- *Art*
- *Creativity*
- *Empowerment*
- **COMMUNITY**
- *DBT Skills group weekly in IOP*

Outpatient Program (OP)

12-week Comprehensive Mental Health Dialectical Behavioral Therapy Skills Program

DBT Skills Group Friday 1:00-4:00pm
(Group size maximum 10 clients)

1 individual therapy session weekly

Phone Coaching available 12 hours per day

Family therapy, education, support

Imagine’s **Outpatient Program** curriculum teaches clients valuable **DBT (Dialectical Behavioral Therapy)** skills: Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness. OP gives clients tools to empower themselves and embrace their inherent strengths.

“There’s visionary work going on at Imagine, where love, dedication, and deep understanding of behavioral health are the touchstones for all who pass through its stained-glass doors. Yet the hope and healing generated in this charming uptown cottage reach far beyond its walls. Imagine’s steady heartbeat is the engine of transformation in so many lives, a true example of the alchemic possibilities of treatment. I feel privileged to be a part of this quirky and accepting family and honored to witness its expanding ripple of recovery.”