

THE ARBOR  
INTENSIVE  
OUTPATIENT  
PROGRAM

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BEGIN YOUR JOURNEY TO WELLNESS

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The Arbor  
Behavioral Healthcare

[thearbor.com](http://thearbor.com)



**The Arbor**  
Behavioral Healthcare

# PROGRAM HIGHLIGHTS

*Our Intensive Outpatient program offers supportive, part-time care for those completing inpatient treatment or needing continued therapeutic support.*

- *Group Therapy with Individual Counseling*
- *Comprehensive Clinical Approach*
- *Blend of Addiction Treatment Modalities*
- *Experiential Workshops*
- *12 Step Education*
- *Spiritual Development*
- *Weekly Family Support Group*
- *Vocational & Educational Support*

**Mon-Thurs 6:00pm to 8:15pm**





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# INFORMATION SHEET

- *Group meets Monday through Thursday 6-8:30pm*
- *The program also includes weekly one-hour individual therapy sessions. The client and their counselor will pick a time for your weekly session; the scheduling window is 10AM - 6PM, Monday through Thursday.*
- *We understand that some clients are working full-time; they may have to request accommodation from their employer to meet the requirements listed above.*
- *Individuals are responsible for their transportation to and from the facility (unless they are in an Arbor sober living home)*

- *Address to the facility: 4601 Spicewood Springs Road Building 4 Suite 200, Austin TX 78759*
- *All our programming, both the individual and group sessions, are in-person.*
- *Programming continues all holidays except Thanksgiving, Christmas, and New Year's Day.*
- *We expect you to attend every session, but we understand that life events occasionally come up. If you are aware of any barriers (e.g. vacations, medical procedures, work events) that would prevent you from attending every session, please bring them up with your admissions specialist prior to admission.*

**CONTACT US:**

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