

THE ARBOR INTENSIVE OUTPATIENT PROGRAM

BEGIN YOUR JOURNEY TO WELLNESS

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



thearbor.com

PROGRAM HIGHLIGHTS

- 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



PROGRAM INFORMATION

- Groups 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 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

844.413.2690

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