DUAL DIAGNOSIS IOP
INTENSIVE OUTPATIENT PROGRAM

21 GROUP SESSIONS DESIGNED TO HELP:

- Develop Healthy Coping Skills
- Promote Sobriety
- Increase Health and Wellness
- Decrease Self Harming behaviors
- Increase Self Esteem
- Manage Intense Stress
- Regulate Emotions
- Tolerate Distress
- Increase Mindfulness
- Be More Interpersonally Effective

Monday and Wednesday Evenings   6 PM to 9 PM
Saturday Mornings   10 AM to 1 PM

Michael Pollak, PCC-S, LICDC
8224 Mentor Ave. #208, Mentor, OH 44060
Phone: 440-392-2222 ext. 301   Fax: 440-565-2349
mpollak@behavioralwellnessgroup.com
www.behavioralwellnessgroup.com

Core Topics

-Dialectical Behavioral Therapy
-Emotion Regulation Skills
-Interpersonal Effectiveness
-Mindfulness
-Distress Tolerance
-12-Step Involvement
-Emergency Planning

This Dual Diagnosis Program is meant to help adults 18 and over, specifically with both chemical dependency and mental health conjoint diagnoses. The goals are to teach clients how to maintain sobriety, along with learning and practicing important life skills to offset strong emotional responses that occur as a result of being sober, in a setting that is supportive and stable.

Please call Michael Pollak at 440 392 2222 Ext. 301 for an initial assessment