



HELPING PEOPLE LIVE
HEALTHIER LIVES

SINCE 1996

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SANTÉ'S INTENSIVE OUTPATIENT

santecenter.com/IOP





ABOUT SANTÉ

Santé Center for Healing has been providing quality, client-centered care since 1996; in that time, the continuum of care has grown to include an **Intensive Outpatient Program (IOP)** level of care. Individuals assessed as needing IOP will interact with our tenured, expert staff of master-level therapists who have additional credentialing and certifications in EMDR, DBT, motivational interviewing, shame resilience, relapse prevention, and grief and loss. They understand the chronic nature of the disease of addiction and walk alongside IOP clients as long as needed, knowing quick fixes are not effective.

You will find that Santé staff refuses to give up.



CALL SANTÉ'S INTAKE & ADMISSIONS COUNSELORS
1-800-258-4250
940-464-7222

YOUR JOURNEY TO RECOVERY BEGINS

Professional Assessments

Medical Detox

Residential

Intensive Outpatient

Transitional Living

Family Programming

Indiv. Therapy & Med. Mngmt

Alumni Support

OUR GOAL IS LONG-TERM RECOVERY

THE SANTÉ CONTINUUM OF CARE

Santé continuum of care slowly and intentionally evolved and developed over the years based on research and studies indicating participation in formal treatment and longer terms in treatment are consistently associated with better outcomes.

INTENSIVE OUTPATIENT PROGRAM (IOP)

Since 2004, Santé has offered a safe way for adults to re-enter the community after an inpatient/residential experience or even when individuals seek treatment for the first time but don't need higher level of care. Santé's IOP is set up to provide long-term recovery. Scheduling keeps clients' needs in mind; there are both daytime (10 a.m.–1:30 p.m.) and evening (5:45 p.m.–9:15 p.m.) program options.

The program provides real-world exposure, along with critical ongoing structure and support. Clients attend three weekly group sessions and will also meet individually with their masters-level primary therapist throughout the client's three phases of IOP programming. Sessions are a mix of group, individual and family sessions.

SANTÉ'S UNIQUE IOP CHARACTERISTICS

- 1 Daytime and evening program options
- 2 Individual therapy throughout all three phases
- 3 48 sessions within 4 months
- 4 Personalized treatment plans
- 5 Simultaneous treatment of dual-diagnosis, poly-addiction
- 6 12-Step Recovery principles

SANTÉ'S WIDE SPECTRUM OF EXPERTISE IN IOP

CHEMICAL DEPENDENCY • DUAL DIAGNOSIS/CO-OCCURRING ISSUES
TRAUMA RESOLUTION • PROBLEMATIC SEXUAL BEHAVIOR
COMPULSIVE BEHAVIORS

"Going to IOP and TL (Transitional Living) provided me the best opportunity possible to achieve long-term sobriety."

—Santé Alumni, Marni