



Dual Diagnosis IOP

About the Program:

Our **Dual Diagnosis IOP** is for clients diagnosed with co-occurring mental health and substance use disorders. The program utilizes a harm reduction approach and includes evidence-based practices including CBT, DBT and seeking safety.

Program Goals:

- Work with integrative team including clinicians, psychiatric providers, case managers and RNs to engage in collaborative treatment.
- Learn skills and tools to support your healing and wellness.
- Engage in a harm reduction model of treatment designed to support you in your individualized recovery plan.

IOP Details

Meets: Tuesday,
Wednesday, Thursday

Time:
1 PM - 4 PM

Location:
28 Branford Rd.
North Branford, CT 06471

Call **(203) 800-7177** or visit **BHcare.org** to learn more.



Scan to learn more about our IOP Programs
28 Branford Rd. North Branford, CT 06471