



## ADULT OUTPATIENT SUBSTANCE USE DISORDER RECOVERY PROGRAM

### **Your journey matters. Let us walk with you.**

At Andrews Behavioral Health, we understand that recovery isn't one-size-fits-all. Every person's story is different. Whether you're taking your first step or getting back on track, our Adult Outpatient Substance Use Disorder Recovery Program supports you with care and compassion.

We're here to listen, encourage, and help you heal. Our team creates a safe, welcoming space where you can be honest about your struggles and supported in your growth. We meet you where you are—because that's the place real change can begin. Together, we will help you move mountains on your path to recovery.

### **Two paths. One goal: A healthier you.**

We offer two structured outpatient tracks, each designed to fit your needs and meet you at your stage of recovery.

#### **Path 1: Intensive Outpatient Program (IOP)**

Designed to help individuals ascend to recovery, this track offers weekly counseling and group therapy sessions to offer the structure and support you need. This track provides a steady rhythm of counseling and peer connection to move past the barriers in your life holding you back from lasting recovery.

- 90-day duration
- Individual counseling sessions once a week
- Three-hour group sessions three times a week
- Focused support, deeper accountability, and supportive connections with others
- Ideal for those needing structure, while also maintaining daily responsibilities



#### **Path 2: Relapse Track**

Designed for individuals who are ready to strengthen their recovery after a pause or challenge. This track offers supportive group sessions to overcome obstacles and scale new heights. The path ahead is all about helping you reconnect, refocus, and move forward with confidence in a setting free of judgment.

- 45-day duration
- Weekly 3-hour group session
- Offered Monday, Wednesday, and Thursday
- Morning (In-Person): 9 a.m. – Noon
- Evening (Virtual): 6 p.m. – 9 p.m.

### **No judgment. Just help and healing.**

At Andrews Behavioral Health, we believe in second chances—and third, and fourth. We know healing doesn't always follow a straight line, and every journey is unique. Just like every mountain has a different trail, we meet you where you are. We create an environment where you can be open, honest, and empowered to climb higher in your recovery. What matters is that you're moving forward, and we'll be here with you every step of the way.

### **Take the next step—we'll be right there with you.**

To learn more or get started, call us at (903) 484-1176 or visit us online at [andrewscenter.com/substance](https://andrewscenter.com/substance)

*Move those mountains in your life:  
Start on your path from addiction to recovery!*

