

Outpatient Mental Health & Substance Use Treatment

WELCOME TO PROGRESSIVE INSTITUTE



CURRENT CORE SERVICES

IOP & OP for co-occurring substance use & MH

Progressive Institute offers an 8-week co-occurring, Intensive Outpatient Program (IOP) comprised of a minimum of nine hours of group therapy and one hour of individual therapy per week. We strive to harmonize treatment schedules with life and work commitments, so we offer morning and evening and even hybrid telemed/in-person group sessions.

We believe in focusing on the development of recovery skills in a nurturing, yet accountable, group environment. Therapists lead groups and encourage members to implement 8 key dimensions of wellness into their daily lives, that include: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual wellness. Our clinicians are dedicated to personalizing each patient's experience while in the group setting to ensure their specific needs are treated with the most appropriate modality while enriching the experience of the individual's in the group. We practice a team approach to your treatment and will collaborate with your personal providers.



Recovery coaching and extended care platform

Progressive Institute is at the forefront of substance use disorder treatment with fully integrated recovery coaching programs designed to support men, women and adolescents throughout all stages of their recovery. Progressive coaches are recognized leaders and innovators in the field. Each coach works side by side with a person in recovery to help them discover their personal "recovery capital" and achieve their life goals. Vestibulum congue ante nisl, id convallis nibh varius ut. Etiam quis finibus ante, eget blandit quam.



Medication assisted therapy

The Progressive Institute has on-site physicians that work with each patient's treatment team to deliver comprehensive care, which may include medication assisted treatment (MAT). Our psychiatric staff specializes in mental health and substance abuse treatment and the management of patients on MAT programs, including Suboxone® and Vivitrol®. Patient's undergoing MAT will meet with a physician on a regular basis to ensure safety, compliance and to ensure that appropriate treatment progress is being made by each patient.



Relapse prevention OP groups

One of our most popular groups is Our Relapse Prevention group. This group helps patients achieve their goals of long-term recovery through practical application of skills to identify and understand potential triggers, coping skills, and to create a plan for what should happen if a relapse does occur. At Progressive, we recognize that each group member is on their own journey. For this reason, our clinicians allow each patient to take their own time at developing these skills.



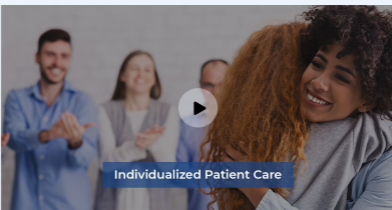
Family therapy

The Progressive institute understands that working closely with families and those supporting individuals with addiction and mental health issues is an important part of the recovery process. Individual family therapy and group family therapy sessions are offered with and without the patient in order to develop coping skills, address specific challenges a family member may be having, and to provide an opportunity to therapeutically process current family stressors.



Individual therapy

Individual therapy is offered to all of our patients. Patients working in IOP typically meet with their clinicians once a week to create and monitor treatment plans tailored to the individual and their unique experiences.



Individualized Patient Care

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