



Starting Now

Intensive Outpatient Program (IOP) & Related Addiction Treatment

Outpatient Addiction Treatment That's Flexible and Effective

Starting Now is an outpatient addiction treatment program for adults that provides a range of options including intensive outpatient programming (IOP), individual substance abuse counseling, and early recovery and relapse prevention groups.

Our Treatment Philosophy

Starting Now offers patient-centered, evidence-based programming designed to help clients establish abstinence from alcohol and other drugs while building the emotional and social skills that accompany a strong recovery. Our approaches include:

- group and individual therapy
- cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and Acceptance and Commitment Therapy (ACT)
- experiential activities.

We also assist our clients in locating community-based, peer recovery resources such as 12-step and other recovery-focused groups and the Turning Point Center to complement the treatment they receive in Starting Now.

Intensive Outpatient Program (IOP)

IOP is an intensive and highly-supportive level of outpatient addiction care. Clients live at home and continue with their work, family, and other responsibilities. The structure and time commitment of our two IOP programs vary slightly to accommodate clients' individual needs.

- Our **Morning IOP Program** runs from 9:15 am–12:15 pm on Monday, Tuesday, Wednesday, and Friday for approximately five weeks or 20 sessions. Note: Our mature adult group (age 50+) meets twice a week as part of our morning IOP Program.
- Our **Evening IOP Program** runs from 6:00 pm–9:00 pm on Monday, Tuesday, and Wednesday for approximately six weeks or 18 sessions.

Early Recovery & Relapse Prevention Groups at Starting Now

- two “early recovery” groups that meet twice-a-week (a morning group and an evening group)
- three different “relapse prevention” groups that meet once a week (two morning groups and one evening group).

Traditional Outpatient Recovery Services

Starting Now offers traditional individual and outpatient group therapy, either separately or in combination, based on your needs. Talk to your therapist at assessment to learn more about your treatment options.



The Brattleboro Retreat offers high-quality, individualized and comprehensive inpatient, partial hospital, intensive outpatient, residential (child and adolescent only), and outpatient treatment services. Insurance and self-payment plans accepted.

Get help now.

802-258-3700
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Brattleboro Retreat
MENTAL HEALTH AND ADDICTION CARE

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