

# Vanderbilt Behavioral Health

Intensive Outpatient Program  
Adults with Co-Occurring Disorders

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Referrals:

**(615) 875-6573**

**Vanderbilt Psychiatric Hospital**  
1601 23rd Avenue South  
Nashville, TN 37212

**[VanderbiltBehavioralHealth.com](http://VanderbiltBehavioralHealth.com)**

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## **VANDERBILT CO-OCCURRING DISORDERS INTENSIVE OUTPATIENT PROGRAM (IOP)**

**Designed to meet the specific needs of adults struggling with both mental health and substance use concerns.**

Co-Occurring disorders are common among people in recovery. Our approach gives those in treatment the best chance of leading full and independent lives.

Our treatment program addresses both concerns simultaneously by:

- Using evidence-based treatments personalized to each client's needs
- Providing support and education to help overcome problematic substance use

### **At a glance:**

- Program hours allow clients to continue their regular work and school schedule
  - Monday, Tuesday, Wednesday and Thursday
  - Hours: 3:30 p.m. – 7 p.m.
  - Average program length: 4 to 6 weeks
- Clients participate in structured groups led by licensed clinicians and certified peer recovery specialists:
  - **Process-oriented psychotherapy**
  - **Experiential skills training**
  - **Recovery-focused education**
  - **Weekly family group session**
- Additional touchpoints:
  - Each client will meet with a psychiatrist and social worker to discuss short-term and long-term goals and to create an individualized plan of care
  - We coordinate with outpatient therapists and/or medication providers to ensure continuity in each client's care after discharge