

# WE ARE HERE TO HELP

## Intensive Outpatient Program

### Patient Experience

Recovery is a unique journey for every person, which is why we treat the whole person not just the diagnosis. We take the time to establish a relationship with each individual in order to create a personal treatment and wellness program for them. Treatment is based on the person's needs and backed by research and the attention of a dedicated and integrated clinical, medical, recovery coaching and community support care team.

We find that focusing on compassionate and evidence-based clinical care helps individuals achieve sustainable long-term outcomes. With this approach, those in recovery find support, a place of belonging, community, lifelong friendships and hope for the future.

We empower people to discover what they need to sustain their recovery and build the principled life they want to live.

### Better Outcomes

We treat patients with mental health and/or substance use diagnoses. Our programs leverage therapeutic approaches grounded in the principles of Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Motivational Interviewing. These comprehensive treatment services always focus on serving the individual's unique treatment plan to improve success rates and reduce the chances of relapse. Our comprehensive treatment approach is designed to complement the individual's history, goals, and progress throughout our program. This comprehensive support system greatly improves success rates and reduces the chance of relapse by continuing to be available long after completing the program.

Intensive Outpatient Programs (IOPs) have been proven to have a better impact on the following metrics:

↑  
ARE AS EFFECTIVE OR  
BETTER THAN INPATIENT  
TREATMENT FOR MOST  
INDIVIDUALS SEEKING  
CARE.

↑  
A FRACTION OF THE  
COST.

#### Contact Us.

Progressive Institute  
2 Trap Falls Road Suite 120  
Shelton, CT 06484

**203-816-6424**

[www.progressive-institute.com](http://www.progressive-institute.com)



The team at Progressive Institute is comprised of wonderful, caring individuals who are truly invested in your personal goals and mental health. I went to Progressive for their 8-week IOP program as well as continual weekly therapy. Their IOP is very content based, providing insightful ways to spark dialog around different topics through different mediums, such as group conversations, videos, activities and more. I am grateful for the team at Progressive Institute for fostering such a warm and safe environment to better understand myself and my mental health.

**-Brian**



1. They are as effective or better than inpatient treatment for most individuals seeking care.
2. They are a fraction of the cost.

## The Progressive Approach

Our team of physicians, therapists, and recovery coaches works with each person to develop their treatment and wellness plan. Guided by the team's support through SAMHSA's 8 Dimensions of Wellness, clients rediscover themselves as they seek to find their true purpose.



Underlying all of the modalities of our programs is the ultimate goal of teaching people in recovery how to connect emotionally, mentally, and physically to sustain sobriety. In doing so, we empower clients with the strategies and tools they need to build and live the principled life they desire.

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### In Network With.



1. Dr. Dennis McCarty - <https://www.castcenters.com/blog/the-positive-consequences-of-attending-an-outpatient-program#:~:text=Success%20Rate%3A%20In,that%20quality%20care.%C2%A0>  
 2. <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>