



Outpatient and Intensive Outpatient Services

DID YOU KNOW?

Medicaid
pays for
most
outpatient
addiction
treatment
services?

Call us for
more info!

Crossroads' believes in treating the whole person, not just their addiction. To be effective, treatment addresses psychological, social, & vocational needs, on an individualized basis for each client.

Outpatient services range in levels of intensity and frequency, depending on the individual needs of the clients.

- 🌀 **Traditional Outpatient Services:** 1-3 hours per week for a minimum of 12 weeks
- 🌀 **Intensive Outpatient Services:** 9-16 hours per week over 4-6 weeks

We provide safe and confidential outpatient services, which include the following:

Co-Occurring Treatment

(Substance abuse & mental health integrated treatment)

- Coping with crisis
- Effects on physical health
- Maintaining recovery

Seeking Safety

- Build healthy relationships
- Coping with triggers
- Promote healthy lifestyle



Anger Management

- 12-week program
- Improve communication skills

Living in Balance

- Coping skills
- Relapse prevention
- Practical living skills