



THE RANCH
at
DOVE TREE

Lubbock, Texas

Intensive OUTPATIENT



Recovery Resiliency in Action



The Ranch at Dove Tree staffs our outpatient program with a variety of treatment professionals to create a robust clinical team including Licensed Professional Counselors, Licensed Marriage and Family Therapists, and Licensed Chemical Dependency Counselors. The curriculum for our programs is designed to meet the needs of each individual client and can be custom tailored to ensure optimal success. We are uniquely positioned to support clients admitting directly to the outpatient level of care as well as those stepping down from a residential program who are seeking additional support for their recovery.

Intensive Outpatient Program (IOP)

Our Intensive Outpatient Program is a 15-hour per week substance abuse treatment program that occurs each day Monday-Friday. The IOP consists of group and individual counseling and education sessions designed to assist clients in maximizing their personal goals for recovery. Evening programming is available to accommodate the scheduling needs of clients.



Call today for a confidential consultation: (800)218-6727 RanchAtDoveTree.com



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Groups each week focus on the following topics:

- ★ Identity development in recovery
- ★ Family of origin healing
- ★ Recovery stories and narrative therapy
- ★ 12-Step support
- ★ Healthy relationship management
- ★ Education and vocation support
- ★ Relapse prevention and safety planning
- ★ Mindfulness meditation
- ★ Connection to community resources
- ★ Life skills and relationship development
- ★ Cognitive Behavioral Therapy (CBT)

Once clients are stabilized, the number of clinical groups attended may decrease so that they can begin the process of integrating community support into their recovery plan on days when they do not attend outpatient services. Clients typically “step-down” in phases on a schedule determined by the client and the outpatient treatment team. The curriculum is comprehensive, focusing on healing the client in all aspects of life.



OUR MISSION

⟦ Improve the lives we touch ⟧

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