Adult Substance Use Recovery Services available at:

Indiana University Health
Outpatient Substance Use Recovery Services
Bloomington
727 W. Second St.
Bloomington, IN 47403
T 812.353.3450 or 800.387.3440
F 812.353.3451

For more information visit us at iuhealth.org/Bloomington or call 812.353.3450

Adult Substance Use Recovery Intensive Outpatient Program

Indiana University Health
Welcome

We want to welcome you to Indiana University Health Adult Outpatient Substance Use Recovery Services in Bloomington. As a patient you can expect to receive high quality, confidential, compassionate care.

The persistent use of drugs and/or alcohol, despite continuous problems as a direct result, is known as substance use disorder—mild, moderate or severe. Without appropriate treatment, substance use disorder can result in serious health, relationship, employment, and legal consequences.

Our Adult Substance Use Recovery Intensive Outpatient Program assists individuals who can benefit from participation in a structured therapeutic recovery program while still maintaining involvement in school or employment as well as a connection to supports such as family and friends.

Intensive Outpatient Program

The Intensive Outpatient Program offers comprehensive services by our multidisciplinary team including group psychotherapy, group education, family therapy and individual therapy. Our program offers a caring and supportive environment for patients to address problems related to their substance use disorder such as mental illness, grief and loss, trauma and chronic pain.

Medication Assisted Treatment

To ease withdrawal symptoms and assist patients in their recovery, IU Health Outpatient Substance Use Recovery Services offers Medication Assisted Treatment including naltrexone (Vivitrol) or buprenorphine (Suboxone) as appropriate after assessment by our medical provider. We offer Medication Assisted Treatment (MAT) only to patients who are actively participating in our Intensive Outpatient Program. Psychiatric medication management is available to patients with co-occurring mental health problems in addition to MAT.

Get Your Life BACK!

The goal of our program

The goal of our Intensive Outpatient/MAT Program is not only abstinence from substance use disorder; it is to break the cycle of addiction and give patients the tools they need to build a satisfying life that includes improvement in overall functioning with family, friends, work, and school.

Our program includes:

- Group psychotherapy
- Medication management
- Recovery coaching
- Individual therapy
- Family therapy
- Relapse prevention skills
- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- 12-step program education
- EMDR (Eye motion desensitization and reprocessing)
- Mindfulness/meditation
- Exercise therapy/yoga
- Aftercare program

Call 812.353.3450 for more information or to schedule your individualized assessment.

Program Hours: Monday - Friday, 9:30 - 2 pm

- Program days are tailored to meet individual needs.
- Program hours may extend to accommodate individual psychotherapy, recovery coaching, or medication management appointments.
- Program is covered by most major insurances, including Medicare and Medicaid.
- Plans and self-pay options are also available.