



# Youth SUD Intensive Outpatient Treatment

## ABOUT OUR IOP PROGRAM

- For ages 14 to 17
- Monday, Tuesday and Thursdays from 5 - 8 PM for 8 weeks!
- Rolling admission, you can join anytime!
- Structured to work with your work, school and family commitments.
- Individualized care and treatment planning.
- Development and practice of applicable recovery skills for sobriety outcomes.
- Continuum of care recommendations and planning provided.

## THE FIVE PILLARS OF IOP

Cognitive Behavior Therapy

Dialectical Behavior Therapy

Motivational Enhancement

Mindfulness

12 Steps

If you or a loved one would like more information about our Youth SUD Intensive Outpatient Program,  
**please call**  
**219-323-3311** or visit  
**[www.pillarsinspires.com](http://www.pillarsinspires.com)**

We have a spot  
saved for you!



**CALL OR SIGN UP  
ONLINE TO GET  
STARTED!**

219-323-3311

[www.PillarsInspires.com](http://www.PillarsInspires.com)

### **Insurances We Accept:**

- Aetna
- All Savers
- Allied
- Ambetter
- Anthem BCBS
- Anthem Medicaid
- CareSource  
Marketplace
- CareSource Medicaid
- Cigna
- Indiana University  
Health Plan
- MDWise Indiana
- Indiana Medicaid
- Meritain Health
- MHS HIP
- Optium
- UMR
- United Healthcare

**We also offer  
self-pay / cash  
pay options!**



**PILLARS OF  
WELLNESS HOBART**

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HOBART, IN 46342

