



About the program

Our Intensive Outpatient Program (IOP) offers between nine and fifteen hours of group therapy each week for substance use and co-occurring disorders. Included services like **individual therapy, psychiatric services, urinalysis screening, and family services** provide you with accountability, support, and structure. You will explore different skills for your recovery—whether it is meditation, deep breathing, mindfulness, or higher self-awareness.

Program benefits

Our staff are trained in Internal Family Systems, used in our groups to help promote healing. We employ a well-rounded holistic approach, integrating the mind and body connection. There is a significant emphasis in groups on treating fear, looking at how fear drives decisions and thoughts. We take a deep dive into understanding the pathway to recovery that works best for you.

Program schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30pm	Distress tolerance	Relapse Prevention or Exploring Substance Use	Experiential Approaches	Exploring Fears	Experiential Approaches
4:30pm	Meditation	Pathways to Recovery	Stress Response Management	Intro to Internal Family Systems	Stress Response Management
5:30pm	Adaptive Communication	Adaptive Communication	Mindfulness Practice	Meditation	Mindfulness Practice

About Project Courage

Project Courage is a behavioral health center specializing in substance use prevention and recovery. We offer in-home recovery, intensive outpatient, family, and outpatient programs, and provide education and support to families, schools, and communities across Connecticut. Our vision is for everyone to be heard, feel safe, find courage, discover a purpose, and live an enriched life.