

Intensive Outpatient Program for Addiction Recovery



and Counseling Center of Georgia

1814 Clairmont Road, Decatur, GA 30033

IOP Coordinator: **Kristy Aspinwall, LPC, MAC, CCTP, NCC**

kaspinwall@cccgeorgia.org or 404-636-1457 ext. 416

Insurances accepted: Aetna, Magellan, and Beacon Health



- ◇ With **CCCG's IOP**, you will find caring and licensed staff who will treat your addiction and mental health concerns to help you recover and grow.
- ◇ Our IOP is a **CARF-accredited, state-licensed program** offering care in accordance with the American Society of Addiction Medicine (ASAM) level 2.1. That means you will get some of the most effective, integrated, and evidenced-based treatment available.
- ◇ Your program is personalized after an **in-depth assessment** and will include individual and group therapy for up to 12 hours per week. Most programming runs Monday - Thursday from 5 - 8 p.m. Groups include:
 - ⇒ Relapse Prevention
 - ⇒ Family Recovery
 - ⇒ Coping Skills
 - ⇒ Early Recovery Skills
 - ⇒ Process Groups
 - ⇒ Mindfulness Based Relapse Prevention
 - ⇒ SMART Recovery
 - ⇒ Experiential Therapy
 - ⇒ Acupuncture
 - ⇒ Distress Tolerance

[Call or email today for an assessment](#)

Our compassionate and experienced addiction team will help you plan the roadmap to your recovery.

