



REAL SUPPORT  
**For Adults  
Navigating Life**

**Sanare's Core IOP  
for Adults**



[sanaretoday.com](https://sanaretoday.com)

# When Easy Isn't Easy Anymore

Many adults reach a point where what used to be manageable no longer is.

Getting out of bed takes effort. Simple decisions take longer than they should. Conversations that used to come naturally start to feel draining.

Sometimes there is a clear reason. Sometimes there isn't. Either way, something isn't working the way it used to.

At a certain point, it becomes hard to ignore.

# What It Takes to Create Real Change

When things reach this point, people often try to talk through what's happening in therapy.

Traditional therapy can help build understanding. But understanding something is not the same as changing it. In real moments, when pressure builds, old habits and patterns tend to return.

Not because effort is missing, but because change usually takes more than insight. It takes repetition and practice.

This is where **Sanare's Core IOP** comes in.

It creates a place to show up consistently, work through what is actually happening, and begin responding differently while you are in it, not just after the fact.

For many, IOP is where progress finally takes hold.





# Core IOP for Adults

This program is for adults navigating anxiety, depression, or life transitions that are starting to feel harder to manage. It offers a structured, small-group environment that meets four times per week, providing consistent support as you work through what is happening and begin responding differently in real moments.

Each session begins with simple ways to help you settle and focus, creating a clear structure for the work ahead. From there, the group moves into real conversation and experiential work shaped by what is actually coming up in your life. Therapists bring creativity into the process, not relying on a script but responding to what is happening in the room.

At the center is a small group of people working through similar challenges together, learning from one another and not having to do it alone. Here's what that looks like:

- A space that feels human, shaped by the authenticity therapists bring into the room
- Small groups where no one has to compete to be seen or heard
- Familiar faces that create trust, accountability, and steady progress
- Experiential practices that help turn insight into real-world skills

# Q&A

## When is this IOP a good fit?

Core IOP is designed for adults dealing with anxiety, depression, or life transitions that have become harder to manage. It is often a good fit when patterns keep repeating and more consistency and practice are needed to start doing things differently.

## How does it ensure people feel safe?

Core IOP is trauma-informed, with attention paid to pacing, predictability, and how each person is experiencing what comes up. Sessions begin with grounding practices to help participants settle into a regulated state, and no one is pushed beyond what they are ready for. The goal is to create an environment where real work can happen without feeling overwhelming.

## What's the timeline for Core IOP?

Core IOP runs for 8 to 14 weeks. Meeting four times per week creates repeated opportunities to work through what is happening and practice different responses. That consistency helps changes start to stick. As needs change, care may step up, repeat, or step down across Sanare's programs.

## Is this IOP covered by insurance?

Sanare works with most major insurance companies, and our team collaborates with families to review benefits and next steps.

## Is Sanare a trusted provider?

Sanare has supported 7,500+ individuals and families across a growing network of locations and programs. Our teams work collaboratively with families and referring professionals to ensure care remains consistent, coordinated, and responsive over time.

# WHERE THIS PROGRAM IS AVAILABLE IN DE

## **SANARE NORTH WILMINGTON**

1401 Silverside Road, Suite 3A  
Wilmington, DE

## **SANARE WILMINGTON**

5171 W Woodmill Dr, Suite 9  
Wilmington, DE

## **SANARE VIRTUAL – DE**

Available online statewide  
in Delaware

Contact our admissions team  
to schedule a consultation.

**Call: (302) 999-9812**