



WHEN ONE AFFECTS THE OTHER

Mental Health and Substance Abuse, Treated Together

Adult Dual Diagnosis **IOP**



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When What Helps Also Hurts

For people dealing with both mental health challenges and substance-related problems, wanting things to change is often not the issue. Maybe you know that feeling firsthand, or have seen someone else struggle with it. Therapy may already have been tried. There may have been days, weeks, or even longer without turning to alcohol or other substances. For a while, it may even have felt like the pattern had finally loosened its grip.

Then it returned. Not because the desire to change was gone, but because the underlying stress, anxiety, or pain was still there, and new ways of coping had not yet been learned.

Now there were two things asking for attention: the underlying struggle and the substance use itself.

Looking at the Whole Picture

Sanare's Dual IOP addresses mental health and substance use together, because both need attention and each can influence the other.

The work goes beyond the substance use itself to understand what has been driving the need for relief and how mental health symptoms may be keeping the cycle going.

Participants address both at the same time, learning ways to manage emotions, respond to triggers, and navigate everyday challenges without relying on alcohol or other substances. The goal is to build ways of coping that bring relief without creating another problem to manage.





Adult Dual Diagnosis IOP

Sanare's Dual IOP is designed for adults who need more support than traditional one-on-one therapy can provide, while still living at home and staying connected to work, school, family, and everyday responsibilities.

Participants meet in group four times each week, guided by a therapist who understands how mental health and substance use can reinforce one another.

Groups draw from CBT, DBT, motivational interviewing, trauma-informed therapy, and relapse prevention. Together, the work helps participants better understand the patterns connecting mental health and substance use and begin responding differently when difficult moments arise. Many individuals choose this IOP because it offers:

- Practical ways to manage cravings, triggers, stress, emotional distress, and everyday challenges
- A supportive community that understands the complexity of co-occurring disorders
- A recovery-focused approach that builds resilience, confidence, and long-term wellness

Q&A

When is this IOP a good fit?

Dual IOP may be a good fit for someone who can continue living at home and managing everyday responsibilities, but needs more support than once-weekly therapy can provide. It can also be appropriate when substance use and emotional or behavioral patterns are making it difficult to maintain progress without more consistent support.

What makes this approach different?

Dual IOP is built around practice, repetition, and addressing both sides of the cycle at the same time. Participants work on managing emotions, cravings, triggers, relationships, and everyday stress without relying on the same patterns that have kept them stuck. The goal is not simply to stop substance use, but to build responses that feel more sustainable.

What's the timeline for this program?

Dual IOP typically lasts eight to fourteen weeks, giving participants time to develop new skills. After that, next steps are based on individual needs and clinical recommendations and may include continuing at the same level of support, stepping down within Sanare, or transitioning to a higher level of care.

Is this IOP covered by insurance?

Sanare works with most major insurance companies, and our team collaborates with individuals 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

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Contact our admissions team
to schedule a consultation.

Call: (302) 999-9812