



## Intensive Outpatient Treatment for Adolescents 12-17 with Mental Health & Substance Use Disorders

The Muir Wood Intensive Outpatient Program (IOP) provides treatment for teens of all genders, ages 12-17, with mental health and/or substance use concerns. Our highly credentialed team works closely with clients and their families to develop an individualized treatment plan that includes individual therapy, group therapy, and family therapy. Muir Wood also collaborates with local community providers to best support our clients' long-term recovery and sustained healing for their families. Our IOP program is located in Petaluma's beautiful and eclectic downtown district.

**Hours: Mon, Weds & Thurs. 4:00-7:00 pm.**

We are able to work with these and other insurance providers.

- Program includes: Dialectical Behavioral Therapy group (DBT), Acceptance and Commitment Therapy (ACT) group, a relapse prevention and education group, process groups, and weekend goal setting/safety planning
- Weekly 9-hour program focused on relapse prevention, managing emotions, and life/recovery skills
- 2 additional hours of therapy per week; one individual therapy session and one family therapy session
- Virtual weekly parent psychoeducation and support groups aid in family healing
- 12-step meetings are strongly encouraged for those working on sobriety to reinforce skills learned at IOP
- Once-weekly drug testing is provided as needed
- Modern, bright, and comfortable environment conducive to relaxation and healing
- Complimentary intake assessment offered
- Insurance companies we work with include Aetna, Anthem, Cigna, Halcyon, Kaiser, MHN, Magellan, and Optum
- Ample on-site parking is available



Our pioneering team of licensed, experienced, and passionate clinicians are dedicated to the highest quality treatment of adolescent mental health and substance use disorders, and to the improvement of individual and family outcomes.



## Meet Our IOP Leadership Team



**Tara Krueger, Psy.D.**  
Chief Clinical Officer



**Heather Russo, LMFT**  
VP of Outpatient Services



**Sarah Tucker, LMFT**  
Clinical Director



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California Dept. of Healthcare Services certificate #490038DP.

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# Intensive Outpatient Program Schedule

<b>Time</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>4:00 PM</b>	<b>Personal Inventory</b>	<b>Process Group</b>	<b>Process Group</b>
<b>5:00 PM</b>	<b>Seeking Safety</b>	<b>Relapse Prevention</b>	<b>ACT</b>
<b>6:00 PM</b>	<b>Self &amp; Relationships</b>	<b>DBT</b>	<b>Weekend Goals &amp; Safety Planning</b>