

Services and Programs

This program can help people overcome physical, economical, and social barriers that they normally encounter. It provides access to healthy lifestyles through participation in:

- Psycho education and counseling
- Motivational Interviewing Techniques
- Social interaction among peers
- Illness management
- Personal nutrition
- Medication Management
- And more...



Comprehensive Treatment in One Location

Dual Diagnosis Treatment affords an integrative approach that provides hope for recovery in the long run. Group participation provides the opportunity for individuals to receive social support positive role models and recognition of each individual's specific and changing needs.



4101 Barbara Loop S.E.
Suite D
Rio Rancho, New Mexico 87124

STEP-BY-STEP A Substance Abuse and Dual Diagnosis Intensive Outpatient Treatment Program



Tailored for individuals, families and groups
for people 18 years and older.



A Community Focused Health and Wellness Program

Tel: 505-892-3639 * Fax: 505-892-6348

Website: www.GuidanceFoundation.Net

Step-By-Step

IOP-Substance Abuse Intensive Outpatient Dual Diagnosis Treatment Health and Wellness Promotion

Is the process of improving people's understanding, attitudes, and conduct regarding substance abuse and its effects upon individuals, family and community.

Combining substance abuse treatment with mental health treatment is an attempt to close the gap between the two.



People helping people
thru peer Support
recovery!

A well designed comprehensive program will cover a range of services in one location.



Program and Service Goals

- Enhance awareness of the positive effects of wellness on health
- Encourage self-responsibility for health
- Encourage and foster independence in self-care
- Heighten awareness of disease
- Promote performance in activities of daily living
- Provide and reinforce interaction and communication



Facing Challenges
Overcoming obstacles

What is Dual Diagnosis Treatment

Integrated Dual Diagnosis Treatment Therapy helps people of all ages with emotional and substance abuse disabilities. Treatment focuses upon helping people achieve independence in all areas of their living by providing more than one treatment modality.

Schedule: 3 days a week 3 hours a day (day and evening programs). We also offer aftercare support groups.

Utilizing motivational interviewing techniques, cognitive-behavioral therapy, and group treatment within an open membership policy, helps to enhance self-esteem and accomplishments among participants.

Contact our program for more information

Most insurances accepted.

4101 Barbara Loop S.E.
Suite D
Rio Rancho, New Mexico
87124

Phone: 505-892-3639
Fax: 505-892-6348
E-mail: pnjanice@aol.com
www.guidancefoundation.net