

About Florida Counseling and Evaluation Services

We are a team of competent and caring behavioral health clinicians dedicated to assisting individuals in resolving personal difficulties and acquiring the skills, attitudes, and resources necessary to pursue productive and satisfying lives. It is our goal to help you uncover your true potential and celebrate life.

In addition to our intensive outpatient programs, we offer individual, group, and family counseling, as well as psychological and vocational testing, and psychiatry.

Treatment specializations include:

- Depression and Anxiety
- Stress Management
- Trauma / PTSD / EMDR
- Addictions and Recovery
- Anger Management
- Grief and Loss
- Sexuality / Gender Issues
- LGBT Issues
- Aging and Life Transitions

Please visit our website at www.flces.com for information regarding all of the services we provide.

For more information and to schedule an appointment, please call us at (904) 239-3677.

Florida Counseling and Evaluation Services

**6950 Philips Highway
Suite 11
Jacksonville, FL 32216**

(904) 239-3677

Hours

Day	Time
Monday	9:00 - 9:00
Tuesday	9:00 - 9:00
Wednesday	9:00 - 9:00
Thursday	9:00 - 9:00
Friday	9:00 - 7:00
Saturday	Closed
Sunday	Closed



www.flces.com

FLCES IOP 2/16

Florida Counseling and Evaluation Services

Behavioral Health

INTENSIVE OUTPATIENT PROGRAMS (IOP)

Substance Abuse Treatment
Mental Health Treatment

LIVING YOUR LIFE IN BALANCE.

About our Intensive Outpatient Programs (IOP)

Our Intensive Outpatient Programs (IOP) are designed to meet the needs of individuals who do not require inpatient or residential treatment but do benefit from a more structured program than standard outpatient care provides.

This level of care is appropriate for those who are able and willing to commit to a structured program that requires regular attendance and active participation.

The IOP programs at Florida Counseling and Evaluation Services utilize a comprehensive group-oriented cognitive-behavioral (CBT) treatment framework that uses a bio-psychosocial approach to strengthening neglected areas in participants' lives.



The IOP Experience

Prior to full admission to an intensive outpatient program (IOP) at Florida Counseling and Evaluation Services, participants meet with a clinician to determine suitability for the program. At this meeting, the clinician will conduct a comprehensive assessment, and an individualized treatment plan will be developed with each participant.

IOP groups meet up to four times a week for 3-hour sessions, and participants attend the program for six to eight weeks. A minimum of 9 contact hours weekly and a total of 20 sessions is optimal for the program to be effective*.

Upon successful completion of the program, participants are eligible and encouraged to attend a weekly aftercare group. Attendance in this group will help clients maintain and strengthen the progress achieved during treatment.

For more information about our Intensive Outpatient Programs or other services offered at Florida Counseling and Evaluation Services, please visit our website at www.flces.com, contact a new patient coordinator at 904-239-3677, or reach us via e-mail at iop@flces.com.

* Individual results may vary and may depend on treatment plan and progress in the program.

Benefits of IOP

- Allows participants to maintain their normal daily routine, such as work or school.
- Daily, real-world opportunities to apply newly acquired coping skills.
- Enhanced treatment for relapse prevention.
- Increased duration of treatment is associated with better outcomes.
- Clinical flexibility to respond to individual needs.
- Integration into mutual-help and community support groups.
- Lower financial costs compared to inpatient or residential care.

**Let us help you.
Call for an appointment today.**

904-239-3677

Most major insurances accepted.
We also offer affordable private pay rates.