

SUMMIT HILL WELLNESS

5711 Chamberlayne Rd. Richmond, VA 23227

REMOTE PHP

- 4 WEEKS
- MONDAY-FRIDAY
- 3 HOUR GROUP SESSIONS (EITHER 12:30-3:30 OR 6-9 PM)
- 2 INDIVIDUAL THERAPY SESSION PER WEEK
- 1 PSYCHIATRY SESSION PER WEEK
- ALCOHOL/DRUG SCREEN PROVIDED

REMOTE IOP

- 6 WEEKS
- MONDAY-THURSDAY
- 3 HOUR GROUP SESSIONS (EITHER 12:30-3:30 OR 6-9 PM)
- 1 INDIVIDUAL THERAPY SESSION PER WEEK
- ALCOHOL/DRUG SCREEN PROVIDED

A SMARTSPONSOR IS SOMEONE OF YOUR CHOOSING, TYPICALLY A FAMILY MEMBER OR FRIEND, THAT CAN PASS A BACKGROUND CHECK AND KEEP YOU ACCOUNTABLE THROUGHOUT THE PROGRAM.

smartIOP

THIS INCLUDES MEETINGS LIKE 12-STEP OR SMARTRECOVERY. WE ENCOURAGE IN-PERSON PARTICIPATION TO GAIN A SOBER NETWORK IN YOUR COMMUNITY THAT YOU MAY OTHERWISE MISS OUT ON IN AN ONLINE PROGRAM, BUT YOU CAN ALSO MEET THIS REQUIREMENT USING INTHEROOMS.COM REMOTELY.

- 6-12 WEEKS, SELF-PACED
- 60 VIDEO MODULES
- 5 THERAPY SESSIONS
- 7 CASE MANAGEMENT SESSIONS
- SMARTSPONSOR REQUIRED
- WEEKLY RECOVERY MEETING ATTENDANCE REQUIRED
- ALCOHOL/DRUG SCREEN PROVIDED