

Hours of Operation

7:30 a.m. - 4:30 p.m.

9 a.m. - 4 p.m. (appointments)

For more information contact:

Intensive Outpatient Day Treatment Clinic
Buildings 36031 & 36053
Darnall Loop, Fort Hood, Texas

254-287-1134



Carl R. Darnall Army Medical Center
Public Affairs & Marketing Office
Fort Hood, Texas 76544

CRDAMC HO 831
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ARMY MEDICINE
Bringing Value...Inspiring Trust



**Intensive Outpatient Program
Day Treatment Clinic**



IOP Supports you

The Intensive Outpatient Program promotes and strengthens Soldier readiness by addressing the Soldier's mind, body and spiritual resilience.

We assist Soldiers in maintaining their combat edge by enhancing recovery and wellness through evidence-based treatment.

We accept Soldiers for treatment who are willing to challenge their substance abuse and behavioral health issues.

IOP Values

- Treat the whole Soldier
- Treat every Soldier with dignity and respect
- Selfless service
- Soldier readiness
- Ethical and caring approach to treatment
- Integrity and honor
- Innovation and creativity
- Inner harmony and balance



Services Offered

- Comprehensive Evaluation
- Individualized Treatment Planning
- 30 hours a week of therapy
- Pharmacological Management when medically indicated
- Referral Service
- Community Development Service

About our Program

Intensive Outpatient Program Day Treatment Clinic

- A new program to address both substance abuse and behavioral health issues for our service members.
- Entry into the IOP begins with enrollment in the Army Substance Abuse Program (ASAP).
- This is a four-week intensive treatment program to increase resilience through education, skill building, and stress reduction through group and individual therapy.
- Evidence based practices include: Acudetox and Eye Movement Desensitization and Reprocessing (EMDR).
- Service members receive counseling on sleep, budgeting, and nutrition as well as interactive groups to help reduce triggers and stress.

Collaboration

- IOP works in collaboration with ASAP

Eligible Beneficiaries

- IOP services are authorized for active duty members who are eligible to receive medical services.

