MENTAL HEALTH RESOURCES (MHR) is the only multidisciplinary private practice in Memphis that offers a Dual Diagnosis/Substance Abuse Intensive Outpatient Program (IOP).

Our IOP consists of a three hour per day program held in our private offices. MHR has met all of the state requirements necessary to provide this care and is licensed by the state of Tennessee. We are contracted with numerous Managed Care Organizations and insurance companies to provide this service (e.g., Aetna, BHSG, Blue Cross, Cigna, Corphealth, HealthChoice, Magellan, United, Value Options, etc.).

MHR’s IOP was developed expressly to accommodate the trends toward reduced hospital stays, alternative levels of care and to provide an intensive treatment experience in an outpatient setting. Our average Dual Diagnosis IOP patient attends three days per week for approximately six weeks, though most patients will need more visits earlier and fewer visits later in treatment.

The philosophy of our Dual Diagnosis/Substance Abuse IOP is to meet the patients where they are in the process of their recovery. We believe that motivation is a crucial, dynamic state that determines when an individual will enter into, continue and adhere to change.

With our Psychiatric IOP, we have demonstrated through five research projects subjected to peer review that our methods consistently result in significantly reduced psychiatric symptoms, improved functional capacities, and a very high degree of consumer satisfaction. We are now proud to show that our Dual Diagnosis/Substance Abuse IOP produces strikingly similar results.

Figure 1 shows an ongoing significant reduction in the number of days substances were abused in each week of treatment from Admission to Discharge. On average, each patient who reported using in the week prior to admission, used approximately four days per week, and by the time of Discharge was using 0 to 1 days per week. Many of these individuals have achieved abstinence.

Consistent with our previous results, Figure 2 shows a similar significant decline in depressive symptoms from Admission to Discharge as measured by the patient’s report on the BSI Depression scale.

Figure 3 demonstrates that our IOP clients report a very high degree of Client Satisfaction with their treatment and related services.

Client Satisfaction Scores

Would you come back?
Overall satisfaction
Services helped
Satisfaction with amount of help
Recommend the program
Extent program met your needs
Kind of service
Quality of service
Average CSQ score
These findings are consistent with our previously published outcomes and client satisfaction data with our Psychiatric IOP. It seems clear that our empirically validated techniques result in similar outcomes with our Dual Diagnosis IOP. Indeed, the replication of these findings with Dual Diagnosis patients once again validates the effectiveness of our treatments, with both Psychiatric and Dual Diagnosis patients.

Our daily programming includes a traditional process group in which relational issues are addressed; core skills training groups such as Cognitive Behavior Therapy, Anxiety Management, Anger Management and Assertiveness Training; and groups specifically relevant to the addiction process, including Motivational Enhancement, Step Study and Relapse Prevention. Our goal is to bring the most effective and individualized interventions to each patient in an effort to help them reduce or abstain from substance abuse, decrease psychiatric symptoms, and increase their functional and relational capacities.

To make a referral, either you or your patient may call us at 682-6136. We have Urgent appointments set aside for Intake admissions daily (Monday through Friday) and will schedule your patient as quickly as possible.