CATC
Canadian Addiction Treatment Centres



Virtual Intensive Outpatient Program (VIOP)

CATC's Virtual Outpatient Centre is an accessible and affordable alternative to inpatient treatment, beneficial for those needing to balance demands of daily life. Participants continue to live at home, maintain their responsibilities and stay connected to their support networks.

Clients attend treatment sessions on a scheduled basis, applying new skills and strategies in real time to the challenges of their daily environments. This practical application reinforces positive behaviours and coping mechanisms for a more integrated and sustainable recovery.

VIOP also offers a continuum of care tailored to each individual. Programs typically include a combination of individual counselling, group therapy, educational workshops and holistic therapies to create a comprehensive and personalized recovery plan. Programs can also be adapted over time as the client progresses or encounters new challenges.

VIOP helps foster a strong support network, facilitating connections with peer support groups and community resources, and involving family members with education and counselling to help them understand addiction and support their loved one's recovery.

Built upon our CARF-accredited inpatient approach to care, we partner with both public and private sector organizations to increase access to virtual recovery care.

Key Features & Benefits

- **Secure, private online platform**
- **Cost-effective**
- **From the comfort and convenience of home**
- **4/6 week treatment**
- **Variety of program options**
- **Self-directed or live groups**
- **Registered therapists**
- **Individual and group counselling**
- **Family and partner supports**
- **Individualized discharge plans**
- **Aftercare**

98% of our clients say our virtual program helped them reach their goals

Part-time programs

For those who do not have the availability for a full-time intensive program, our part-time streams allow clients to participate in group therapy at a reduced pace – three times a week instead of the traditional five sessions per week. Clients receive the same level of intensive treatment offered in our full-time program, at a pace that meets their needs.

Components of care

Our Virtual Program offers clients the benefits of intensive inpatient treatment, in a format that removes barriers to access. While not right for everyone, many clients with less complex needs find that virtual care is the best option for them in recovery. This program can be customized with additional supports as needed.

- **Individual Therapy**
- **Family Communication Sessions**
- **Partner Support**
- **Skill Building**
- **Group Therapy**
- **Support for Co-occurring Disorders**
- **Specialized Streams**
- **Aftercare**
- **Education Resources**

For more information, including current pricing, customization and additional program options, contact:

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This virtual program is owned and administered by Canada's largest network of accredited providers of recovery programs for substance use and addictions.
canatc.ca