BALANCED LIVING THERAPY LLC

DOH-licensed Behavioral Health Agency · Community Mental Health Center · 14+ years in Edmonds

SUD INTENSIVE OUTPATIENT PROGRAM · ASAM LEVEL 2.1

Evening intensive outpatient for substance use disorders

Open to all adults. Groups meet in person in Edmonds, WA.

Opens Monday, December 7, 2026

Accepting clients and referrals now

GROUP DAYS	TIME	INTENSITY	ADMISSION
Mon · Wed · Thu	5:30 to 8:30 PM	9 hrs / week	Rolling
Every week	Evenings, in person	Three 3-hour sessions	Join any week

WHO IT'S FOR

Adults who:

- are stepping down from detox or inpatient treatment
- need more support than weekly counseling
- are starting SUD treatment for the first time
- are also managing mental health concerns
- are involved with a court or probation

SG

PROGRAM LEAD

Stacy Gardea SUDP

An experienced SUDP and clinical supervisor, well respected in our local recovery community, Stacy leads the IOP.

WHAT'S INCLUDED

- **SUD assessment** and ASAM level-of-care determination
- **Structured groups** with a rotating curriculum: relapse prevention, skills, and recovery support
- **A treatment plan** built with each client and reviewed as care progresses
- **Psychiatric medication management and MAT** through a contracted prescriber
- **Telehealth** available for medication management
- **Coordinated care** with your referring and outside providers, with your consent

HOW TO GET STARTED

Reach out for yourself or a loved one, or refer a client. Provider, court, and community referrals are welcome.

1. **Reach out**
   Call **(425) 977-4988** or email our front desk.
2. **Get an assessment**
   We schedule an SUD assessment to find the right level of care.
3. **Start care**
   Join the IOP when it opens on December 7, or any week after that.

Coverage: Most Apple Health (Medicaid) plans accepted. Call us to confirm coverage.

CALL OR EMAIL TO GET STARTED

(425) 977-4988

frontdesk@balancedlivingtherapy.com

FIND US

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Scan to visit our website