

## Mission

To provide comprehensive, patient-centered care for TRICARE-eligible beneficiaries with chronic pain and addiction; to facilitate therapeutic change and enhance quality of life.

## Vision

To become the Military Health System leader in supporting beneficiaries along their path to recovery from pain and addiction.



## Pain & Addiction Intensive Outpatient Program

Walter Reed National Military Medical Center

### *Mailing Address:*

8960 Brown Drive  
Bethesda, MD 20889

### *Physical (GPS) Address:*

8901 Rockville Pike  
Bethesda, Maryland 20889  
Building 7, 4th Floor  
(301) 400-1298

### **Directions:**

Go to Building 7 and take one of the elevators by the entrance to the Main Street Café to the 4th floor. Upon exiting, check in at the front desk of Addiction Treatment Services.



# Pain & Addiction Intensive Outpatient Program (IOP)



Walter Reed  
National Military  
Medical Center



## Program Overview

We offer individuals an opportunity to recover from chronic pain and addiction with a highly-structured, six-week, abstinence-based outpatient program. This program focuses on physical and behavioral treatments to improve your quality of life.

*This program has two parts: a morning addiction group session and an afternoon pain group session.*



## Group sessions are a key part of your treatment plan. Group topics include:

- Pain Education
- Relapse Prevention
- 12 Step Program
- Psychotherapy
- Alternative Techniques (Yoga, Acupuncture, Reiki, etc.)
- Communicating with Your Healthcare Provider
- Sleep Management
- Stress Management
- Nutrition



## Eligibility

Services are provided for TRICARE-eligible beneficiaries diagnosed with Chronic Pain and Addiction.

## Rehabilitation Services Include:

- Intake and Assessment
- Medication Management
- Interventional Pain Methods
- Group Sessions



## You will have access to a team of specialists including:

- Addiction Specialist
- Integrative Medicine Registered Nurse
- Pain Physician
- Pain Psychologist
- Physical Therapist

*Contact your Primary Care Team for a referral.*