



## ABOUT ARCA

The Assisted Recovery Centers of America (ARCA), established in 2001, has become the region's premier center for mental health and substance use treatment services. Since its early years, ARCA has worked closely with community partners to provide compassionate and innovative care to promote healing and thriving for individuals, families, and communities. We are a behavioral health organization providing a full continuum of integrated services to adult patients with substance use and other behavioral disorders. Our goal is to partner with our patients and their loved ones so that they can lead rewarding, prosperous lives that build on their assets, skills, and capabilities.

Today, we operate;

- Two (2) outpatient locations
- Twenty-Seven (27) Telehealth sites
- Fifteen (15) transitional living supportive housing facilities
- One (1) mobile treatment unit

### GROUP TIMES

Process Group | Monday - Friday  
12:00 pm - 1:00 pm

IOP | Monday - Friday  
1:30 pm - 3:00 pm

### GROUP LOCATIONS

#### Downtown

1430 Olive Street Suite 4300  
St. Louis, MO 63103

#### North County

Refuge & Restoration Marketplace  
10208 W Florissant Ave.  
St. Louis, MO 63136

Ask a staff member about how  
you may benefit from IOP!

## CONTACT US

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314-645-6840





## WHAT WE DO

ARCA's Intensive Outpatient Program (IOP), is a 6–8 week structured program designed to support individuals at any stage of their recovery journey.

Our IOP is built around the Matrix model, guiding participants through six essential domains:

- Early Stages of Recovery
- Coping Skills in Recovery
- Mindfulness in Recovery
- Life Skills in Recovery
- Relapse Prevention in Recovery
- Next Steps in Recovery

Throughout these 6–8 weeks, individuals engage in group therapy, individual therapy, and benefit from the expertise of peer support specialists.

To successfully graduate from the program, participants are required to complete 7–9 hours of therapeutic services each week, ensuring a well-rounded and supportive approach to recovery.

## WALK-IN SUBSTANCE USE DISORDER CLINIC

- Substance Use Disorder Treatment
- Withdrawal Management and Stabilization
- Behavioral Health & Psychiatric
- Peer Support & Case Management
- Access and Referrals to Medications, Housing
- Food, Transportation, and other services.
- On-site Pharmacy
- Harm Reduction and Prevention
- Narcan Available

**INSURANCE IS NOT REQUIRED.  
SERVICES MAY BE FREE AND ARE AT  
NO CHARGE TO THE PATIENT OR FAMILY.**



*Recovery is*  
**PROGRESS  
NOT  
PERFECTION**