IOP Program Expansion Adds Flexible Treatment Schedules

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SAN DIEGO, CA - October 08, 2026 -
Bonus Round Recovery expanded its intensive outpatient scheduling on October 13, 2026, adding morning and evening session tracks and broadening consultation availability for adults balancing treatment with work, school, and family responsibilities. The San Diego provider said the operational change is intended to make structured outpatient care available across a wider range of daily schedules while keeping clinical assessment at the center of placement decisions.

The expansion gives participants more options for attending group and individual sessions without changing the underlying clinical structure of care. Bonus Round Recovery?s IOP program typically involves multiple treatment days each week and is designed for people who need more support than standard outpatient appointments but do not require 24-hour residential treatment.

That model is consistent with national guidance. The Substance Abuse and Mental Health Services Administration describes intensive outpatient treatment as structured care that can include individual counseling, group therapy, family psychoeducation, and case management. SAMHSA?s Clinical Issues in Intensive Outpatient Treatment for Substance Use Disorders states that adult intensive outpatient services generally involve at least nine hours of treatment each week.

The ASAM Criteria, Fourth Edition, provides additional context. Level 2.1 intensive outpatient care generally consists of nine to 19 hours of clinical services per week, primarily involving counseling and psychoeducation. Placement and treatment intensity are based on individual assessment rather than a fixed schedule applied to every participant.

Bonus Round Recovery?s October scheduling change focuses on when those treatment hours can be completed. Morning and evening tracks are intended to accommodate adults whose employment, education, caregiving responsibilities, or transportation needs make a single daytime schedule difficult. Initial consultations review substance use history, mental health concerns, medical factors, living environment, and scheduling considerations before a level of care is selected.

Clinical services are overseen by Clinical Director Dean Watson, with medical oversight from Medical Director Dr. Michael S. Valdez. Bonus Round Recovery is certified by the California Department of Health Care Services under license number 370323AP, with the current license listed as expiring March 31, 2028. The center provides intensive outpatient and partial hospitalization services and also offers transitional housing.

Treatment can include Cognitive Behavioral Therapy and Dialectical Behavior Therapy, both identified in the center?s current clinical materials. Group and individual sessions are incorporated according to each treatment plan. Family education or involvement may also be included when clinically appropriate. SAMHSA identifies family psychoeducation as one potential component of intensive outpatient treatment rather than suggesting that it is required or appropriate in every case.

The October 13 expansion also highlights the distinction between scheduling flexibility and reduced clinical structure. Participants remain responsible for scheduled treatment hours and individualized clinical plans. For people transitioning from residential treatment, withdrawal management, or partial hospitalization, an IOP program may serve as one level within a broader continuum of care.

SAMHSA likewise describes intensive outpatient treatment as an option that may be used as primary treatment, as a step down from residential or withdrawal-management settings, or as a step up from less intensive outpatient services. Appropriate placement depends on clinical needs and assessment.

Bonus Round Recovery is an outpatient addiction and mental health treatment provider located on Murphy Canyon Road in San Diego, California. The center provides partial hospitalization, intensive outpatient care, transitional housing, and alumni support for adults addressing substance use and co-occurring mental health concerns. For more information, visit the Bonus Round Recovery website.

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