

SOAP: Structured Outpatient Addictions Program

The Health's Center's SOAP program uses evidence-based treatment to provide structured, intensive substance use disorder services in order to establish wellness. The program includes:

- Substance Use and Mental Health Education
 - Early Recovery Skills and Strategies
 - Relapse Prevention Plan
 - Community Resources
 - Professional and Peer Support
 - Individual and Group Counseling
 - Self-Care, Yoga, Nutrition and more!

The program takes places in our Mashpee office on these days:

Monday and Friday: 8:30 a.m.—1:00 p.m.

Tuesday, Wednesday and Thursday: 12:30—4:00 p.m.



For more information, or referrals, contact Andreia at (508) 477-7090 x-1191, adref@chcofcapecod.org. Thank you!

This program is open to anyone 18+, regardless of if they are a CHC patient.