



Intensive Outpatient Program



Group Program/ Schedule

The Substance Use Disorder IOP program is offered Monday through Friday (5 days a week) and includes clinical process and educational components on a variety of topics, along with peer intervention and support. Each member will develop a Recovery Plan identifying individual goals for treatment. Group Modules Cover topics such as:

- Understanding Addiction
- How to Manage Urges & Cravings
- Nutrition in Recovery
- Procrastination
- Grief & Loss
- Managing Depression & Anxiety
- Anger Management
- Stress Management
- Employment/Education
- Communication Skills
- Healthy Relationships
- Problem Solving
- Coping with Feelings
- Relapse Prevention

The Intensive Outpatient Program (IOP) with a focus on substance use disorders provides non-residential treatment for individuals needing more than once-a-week outpatient therapy.

The program includes three hours of structured outpatient group treatment each day in a small group setting (10 – 12 participants) and includes educational information on a variety of topics along with peer interaction and support.

Is IOP right for you?

- Are you in need of additional support?
- Would additional coping skills benefit you?
- Are you struggling with daily life choices?
- Are you actively using drugs or alcohol?
- Are your symptoms stopping you from achieving day to day activities?

If so, IOP could be a good option to enhance your recovery.

Payment Options

- Medicaid, Anthem, Aetna, UnitedHealthcare and Cigna may cover IOP services if you meet their eligibility criteria as determined by clinical assessment
- Self-Pay Rate is \$100 per day - commensurate with third party payer reimbursement and/or documented financial hardship