

Intensive Outpatient Programming (IOP)

IOP consists of four- two hour time blocks plus once weekly individual sessions for a total of 9 hours per week. The group will cover a variety of topics and will last 16 weeks. Depending on the individual's progress, they may be continued for another cycle of IOP or step down to one of the two tiers of general outpatient (Tier 1 = 6 and Tier 2 = 3 hours of group per week) plus one individual.

<i>Group Schedule</i>	Monday, Tuesday, Thursday and Friday	11am-1pm
-----------------------	--------------------------------------	----------

Monday- Developing Recovery-11am-1pm

This is a two hour process group that will identify the individual's Stage of Change and use Motivation Interviewing to increase motivation to change. The group will process general topics for recovery including ways to deal with everyday life stressors using DBT, Mindfulness and Meditation.

Tuesday-12 Steps and Learning to Change Model -11am-1pm

This is a two hour group that will introduce the 12 Step model and allow individuals to express themselves in various ways. Additionally, the group will use learning theory and the Learning to Change Model, which will help identify addictive thinking and reduce recidivism.

Thursday-Art Therapy-11am-1pm

This is a two hour art group that requires NO artistic ability and allows individuals to express themselves using art through different mediums.

Friday-Relapse Prevention and Coping Skills-11am-1pm

This is a two hour group that will identify relapse triggers, develop relapse prevention plans and educate the individual on issues of sleep, mental health, trauma, etc. as they pertain to relapse triggers. It will also focus on developing healthy alternatives to using. The group will introduce mindfulness, wellness, healthy lifestyles, and utilizing exercise to cope with life's stressors.

Individual Therapy

Individual therapy is a very important part of treatment when working with individuals who have addiction. It provides a safe space to process personal issues related to mental health, family of origin, trauma, etc. and thus is a required part of the IOP program. Families will be included in the individual therapy sessions to strengthen family support, when appropriate, as well as included in our family night programming on the 1st and 3rd Thursday nights of the month.