

WHO NEEDS AN INTENSIVE OUTPATIENT PROGRAM (IOP)?

For people with substance use disorders who wish to stay in their own home and community for:

01.

Ongoing support following discharge from a residential inpatient treatment facility;

02.

Enhanced support for detoxification when first entering an outpatient medication-assisted treatment (MAT) program for substance use disorder;

03.

Additional help if experiencing a relapse or life challenge during MAT;

Behavioral Health Group offers a wide range of counseling and IOP services with skilled and trusted counselors. During intake we assess new patients to help set the best course of treatment which may include IOP. Our clinical care teams work closely with existing patients to find times when IOP services should be added to the treatment plan.

► Talk to a BHG care team member about IOP.

Walk-ins Welcome.

Medicare and Medicaid accepted.
Other coverage available.

For an appointment, call **844.535.7291**
Visit us at [BHGrecovery.com](https://www.BHGrecovery.com)

Intensive Outpatient Program (IOP).



 **BHG**
Behavioral Health Group

What it is

Intensive Outpatient Programs (IOP) are short—term, higher—intensity counseling services that may help a patient stabilize when entering treatment, when transitioning to a different type of treatment, or when experiencing a relapse or other difficulty during treatment.

IOP is just as effective as inpatient and residential programs for most individuals. IOP improves abstinence rates, reduces substance use disorder (SUD) symptom severity, and decreases frequency of substance use.

IOP treatment goals. In addition to individualized treatment goals, IOP services may focus on:

- Educating about SUD, patterns and consequences of use, and relapse risks;
- Providing early recovery, coping, and relapse-prevention skills;
- Building recovery supports, including the use of peer support services
- Facing obstacles to staying in treatment and recovery;



IOPs are as effective as inpatient treatment for most individuals seeking care.

- Engaging families, as defined by the client;
- Providing emotional support and enhancing motivation;
- Attending to other health and psychosocial needs, including housing, vocational, and financial help, and other medical and dental needs.

How it works

Each IOP program is customized to the patient's needs and current situation. The program includes a schedule of core services over a set period, usually nine hours per week for eight to 16 weeks (about three-and-a-half months) and may become less intensive over time. Services could include:

Individual counseling. The patient and counselor work on problems that need more attention or issues that patients may not wish to discuss in group format.

Case management. The patient and their case manager find and coordinate access to supporting

services needed by the patient (e.g., medical, SUD treatment, behavioral health, and social services).

Group counseling. Group counseling and activities are the primary form of treatment. Psychoeducation offered to patients and family members teaches problem-solving and communication skills and supplies education and resources in an empathetic and supportive environment.

Family services. Family sessions include education about SUDs and treatment, addressing family dynamics to reinforce a supportive recovery environment, and helping family members in committing to their own wellness.

BHG's IOP programs offer flexibility to patients to uphold responsibilities outside of treatment, including work, caregiving, parenting, and education.

