

INTENSIVE OUTPATIENT PROGRAM (IOP)



What is Harmony Foundation's Intensive Outpatient Program (IOP)?

- Our IOP is designed for individuals who are interested in achieving or maintaining abstinence, but whose drinking or drug use may not meet ASAM criteria for an inpatient level of care.
- Different than an inpatient program, IOP allows you to live at home, work, and engage in the community while working on positive recovery skills.
- IOP requires a minimum of 9 hours of treatment spread over 3 - 5 days, which provides a higher frequency of contact than the typical one-hour a week outpatient counseling session.
- Length of stay is variable, based on individual needs and progress (typically 6 - 8 weeks).
- For those who are just completing an inpatient program, IOP provides a bridge from residential living back into the community with additional support in building a recovery-based lifestyle.

IOP is ideal for someone who wants to:

- Achieve and maintain abstinence by fostering changes in behavior to support a recovery lifestyle
- Discover and participate in sobriety-based support groups in your home community
- Improve problem solving and coping strategies to strengthen relationships, finances, housing, etc.

What can you expect in an IOP group?

- A welcoming, relaxed, up-beat atmosphere based on a foundation of respect for everyone
- Confidentiality within the group (who is seen here, what it said here, stays here!)
- Dynamic group facilitation by an experienced, licensed professional counselor

- Individual counseling and case management to assist you create a plan for ongoing recovery
- Honest and real feedback and support for each person and his/her/their goals

A typical Harmony Foundation IOP group consists of:

- 30 minutes of group member check-ins and daily ice breaker activity (we keep group lively!)
- 45 minutes of education, skill building, and discussion*
- 15-minute BREAK (stretch, move around!)
- 60 minutes of small group counseling (an interactive time to share concerns, issues, successes, and provide feedback and support)
- 30 minutes of group member check-outs, relapse prevention, and closing thought for the day

* *Examples: daily recovery routines, relapse warning signs, relapse prevention planning, stress management, healthy communication, family dynamics, emotional regulation skills, spirituality in recovery, values clarification, goal setting, etc.*

Set yourself up for success!

- Arrange a quiet, private space, free of distractions, that will be your personal 'group room.'
- Set up a desk or table with your desktop or laptop, paper and pen for notes, and a sturdy chair.
- Install the Zoom app on device prior to your first IOP group; make sure your audio is working.
- Bring what you need to group: a beverage, a stress ball, knitting, crocheting, or coloring. These tools can help you stay comfortable and engaged throughout group.
- You will have the freedom to get up and stretch or take a quick break whenever you need during group, in addition to our planned 15 - 20-minute break.

QUESTIONS? CALL OR TEXT MARY EVANS, OUR IOP LEAD COUNSELOR
AT 970-430-6459 OR EMAIL MEVANS@HARMONYFOUNDATIONINC.COM