

IOP

Intensive Outpatient Program



CEDAR RECOVERY

addiction treatment that works[®]

WHAT IS AN INTENSIVE OUTPATIENT PROGRAM (IOP)?

Our Intensive Outpatient Program is a higher level of care designed to build community and support systems, structure, coping skills, and address co-occurring substance use and mental health with evidence-based treatments.

IOP VS. INPATIENT

When compared with inpatient treatment, IOP outcomes show significant reductions in alcohol and drug use from baseline as well as similar improvements in Addiction Severity Index scores. Patients who complete an IOP or inpatient program are 50-70% likely to maintain abstinence from the substance they are recovering from.

BENEFITS



Cost totals nearly half compared to inpatient



Practice developing skillsets for the home environment and functioning of day-to-day life

DOES INSURANCE COVER IOP?

COVERED:

Ambetter
BlueCross BlueShield Commercial
Cigna Commercial
United Healthcare Commercial
Optum Mental Health
TennCare (must be primary)
Grant (as available)
Selfpay

NOT COVERED:

Other Commercial Payers
Medicare
Medicare Advantage

*NOTE: Prior authorization may be required before patients can start treatment.

HOW IS IOP STRUCTURED?



12 weeks long with 36, 3-hour sessions

- 3 group sessions per week
- Virtual (Zoom)
- *Optional in-person meetings*



Initial Treatment Plan to guide experience & goals

- Weekly treatment plan reviews to assess & redirect as needed











Individual Therapy on an as-needed basis for additional support



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WHAT ARE THE GOALS OF IOP?

-  Educating about Alcohol Use Disorder (AUD) and Substance Use Disorder (SUD), patterns and consequences of use, relapse risks, the treatment process, and types of mutual-support groups
-  Providing recovery, coping, and relapse prevention skills
-  Building recovery support systems, including the use of peer support services and mutual-support groups
-  Overcoming barriers to engaging in treatment and maintaining recovery
-  Providing physical and psychological symptom management for AUD and SUD
-  Engaging families and providing education on AUD and SUDs, patterns and consequences of use, family dynamics, and treatment and recovery processes
-  Providing emotional support and enhancing motivation
-  Attending to other health and psychosocial needs, including housing, vocational, financial assistance, and other medical needs



HOW DOES IOP HELP TO REACH RECOVERY GOALS?



Added Support

(same group members throughout)

Coping Skills

- Healthy Boundaries
- Cognitive Dissonance counteracting
- Relapse Prevention Plan
- Positive Therapy Thought
- Healthy Habits



GROUP TOPICS

(not limited to)

- Grief
- Boundaries
- Relapse Cycle
- Triggers
- Self-Care
- Shame and Guilt
- Timelines

MODALITIES

(not limited to)

- Solution-Focused Brief Therapy
- Dialectical Behavior Therapy
- Matrix Model of Substance Use
- Contingency Management
- Group-Centric Activities during Psychoeducation

IOP SUPPORT TEAM

IOP COORDINATOR & THERAPISTS

Master's level counselors experienced in guiding positive therapy activities through group and individual sessions

CERTIFIED PEER RECOVERY SPECIALIST

Case manager with lived recovery experience and certified training to provide additional support and care navigation assistance

MEDICAL ASSISTANT

Licensed MA for care coordination, scheduling, and assisting in day-to-day activities

(615) 257-7713

