

B L U E H E A R T

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W H A T I S

I O P ?

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YOU JUST GOT OUT OF RESIDENTIAL TREATMENT. NOW WHAT?

An informative guide to the services offered at Blue Heart Services <3

What is IOP?

Before enrolling in an intensive outpatient program (IOP), it's natural to want to know what your daily schedule will look like and how addiction treatment will affect your current routine, especially if you are employed or you're enrolled in college. IOP is a very flexible treatment option that allows many people to complete rehab while still maintaining personal responsibilities and/or their employment at the same time. Here's what an IOP schedule looks like and what you can expect from this type of treatment program.

But first, the basics.

IOP Basics

IOP stands for Intensive Outpatient Program, which is a type of outpatient addiction treatment for people in recovery. There are several differences between IOP and residential drug rehab, but the main difference is that clients do not live onsite at the rehab center while enrolled in IOP. Instead, they live at home or in a sober living home and attend therapy sessions several times a week at an outpatient treatment location. IOP is a robust treatment program that provides flexible and comprehensive care. It also allows for close personal monitoring to address any potential issues before they lead to a full relapse. Although IOP is different from a residential rehab program, it is just as recovery-focused and works best when clients have access to a safe and sober home environment, such as a sober living home.

What Does an IOP Schedule Look Like?

Here's what you can expect when you're enrolled in IOP at Blue Heart Services.

A more detailed explanation is provided below the chart.

Weekly IOP Schedule

- Monday Morning session: 9 a.m. – 11:15 a.m.
- Evening session: 5 p.m. – 7:15 p.m.
- Tuesday Morning session: 9 a.m. – 11:15 a.m.
- Evening session: 5 p.m. – 7:15 p.m.
- Wednesday Morning session: 9 a.m. – 11:15 a.m.
- Evening session: 5 p.m. – 7:15 p.m.
- Thursday Morning session: 9 a.m. – 11:15 a.m.
- Sunday Morning session: 9 a.m. – 11:15 a.m.

*IOP clients are either enrolled in a morning session or an evening session, not both.

**Individual therapy sessions are not shown on the chart above but are scheduled on a case-by-case basis.

Group Therapy Sessions

IOP is a 36 week program that is broken into three 12-week formats. IOP meets 4 times a week. Blue Heart Services offers a morning IOP session (9 a.m. to 11:15am) and an evening IOP session (5 p.m. to 7:15 p.m.). Clients are encouraged to remain in one session group, either morning or evening, but we will work with you to ensure you can complete the program if additional flexibility is needed. Each session lasts two hours and fifteen minutes total and consists of a 90-minute Education Group followed by a 45-minute Individual Reflection Session. Education group is focused on topics that are important for success in early recovery, such as:

- Social skills
- Problem-solving
- Cognitive restructuring
- Thinking errors and corrections
- Relapse prevention
- Family dynamics
- The biology of addiction
- Post-acute withdrawal syndrome
- Stages of change
- HIV/STD education
- Hepatitis C
- Tobacco awareness

During the Individual Reflection Session, clients are encouraged to process all aspects of their personal recovery experience using the Rewired program. Clients share at their discretion, but we encourage active participation in treatment for the best results.

Individual Therapy Sessions

Clients participate in individual therapy sessions once a week while enrolled in the IOP program. They are also encouraged to schedule additional individual therapy sessions with their mental health counselor as appropriate. This can provide extra support if a client needs assistance working through personal issues related to their addiction.

Discharge Planning

IOP staff members at Blue Heart Services work closely with each client, their family members, and other support individuals to complete discharge planning. Our goal is to help each client establish a sustainable and structured sober lifestyle. This often includes a plan for relapse prevention and continued treatment so they are prepared to thrive in sobriety after completing IOP.

Is IOP Right for Me?

Anyone in recovery can benefit from an IOP program, but good candidates for this type of addiction treatment program may include:

- People who have already completed a residential drug rehab program.
- People who are enrolled in a sober living program.
- People who are recovering from severe substance use disorders.
- People who have struggled with chronic relapse in the past.

Our Three-Tiered Staffing Model

Our homes are managed with a three-tiered staffing model to provide accountability and assistance 24 hours a day, seven days a week.

- **Resident Managers** – Our resident managers live on-site with the residents and participate in daily life with them. This creates a monitored living environment that is consistently substance-free and safe. Resident managers will also provide additional therapeutic support and serve as mediators as needed.
- **Resident Peer Advocates** – Our resident peer advocates are staffed within the sober living community, providing 24/7 care and accountability. These staff members will make sure each resident is actively involved in their recovery programming and that they are upholding the rules and standards of the housing community at all times.
- **Program Coordinators** – Every resident is assigned a program coordinator who will guide them through the various objectives of their recovery program in addition to their discharge plan.

BLUE HEART SERVICES (VIRTUAL) Intensive Outpatient Program (IOP) lasts 12-36 weeks. The program consists of four weekly 2.15-hour groups

Clients are able to engage in Virtual IOP using a computer, tablet, or phone within any private location or setting. All treatment sessions occur live with a well credentialed counselor. Our program considers one's emotional and mental states and the impact that substance use has on the whole person. We place support and connection to resources at a high level of importance and cultivate a peer driven environment of trauma informed care.

IOP services offered include:

- Group Counseling
- Individual Counseling Sessions
 - Case Management
- Peer Recovery Support

THE BRIDGE: Community Integration Program consists of 2-3 support groups weekly gradually reducing to one time per week for the duration of 6 months. The Community Integration Program provides support and education regarding vocational courses, job training, 12 step fellowship introduction, parenting classes, and trauma support groups. The Bridge peers are knowledgeable about community resources including access to residential treatment, mental health providers, and MAT providers. Support groups are held daily at our Recovery Clubhouse. The program requires dedication and involvement on the part of the client.

- Our interdisciplinary team also develops a personalized aftercare plan which connects the client with community-based providers and specialists for ongoing support.

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