



# Maryland Wellness and Recovery

## OVERVIEW

The Intensive Outpatient Program is designed for individuals struggling with problems associated with substance use and abuse, or co-occurring disorders associated with substance use. This program is for individuals needing medication management and/or have successfully completed a higher level of treatment (detox, inpatient, or PHP) or for those transferred from another IOP. Eligibility for the program is determined by a mandatory clinical/medical assessment, which is conducted at the center, as part of the admissions process. The program is customized for each person, guided by the initial assessment and follow up. Individuals receive services primarily through group therapy and are also assigned an individual therapist, whom they meet with on a biweekly basis while in treatment. The program is comprised of 5 total phases lasting up to 24 weeks, outlined below.

<b>PHASES</b>	<b>PROGRAM REQUIREMENTS</b>	<b>INDIVIDUAL REQUIREMENTS</b>
<b>PHASE I INTAKE WEEK 1</b>	<ul style="list-style-type: none"> <li>• Complete Initial Intake</li> <li>• Orientation</li> <li>• Do an Initial Urinalysis</li> <li>• See the Medical Director</li> <li>• Start Group Sessions</li> <li>• Initial Treatment Plan</li> <li>• ASAM Completion</li> </ul>	<ul style="list-style-type: none"> <li>• Bring a copy of ID &amp; Insurance Card</li> <li>• Sign Program Contact</li> <li>• Read Handbook</li> </ul>
<b>PHASE II (IOP) WEEKS 2-5</b>	<ul style="list-style-type: none"> <li>• 3-5 days or 9-15 hours of Group</li> <li>• Master Treatment Plan</li> <li>• 3 Urinalysis per week</li> <li>• Case Management Session (if applicable)</li> <li>• 1 Individual Session w/ Therapist biweekly</li> <li>• See the Medical Director (if applicable)</li> <li>• 1 Progress Evaluation before advancing to next phase</li> </ul>	<ul style="list-style-type: none"> <li>• Attend 1-2 NA/AA Meeting per week</li> <li>• Look for a sponsor</li> <li>• Begin Step work</li> <li>• 10 Consecutive Negative Drug Screens</li> <li>• Compliant with Medications and random Count Check (if applicable)</li> </ul>
<b>PHASE III (IOP) WEEKS 6-13</b>	<ul style="list-style-type: none"> <li>• 3-4 days or 9-12 hours of Group per week</li> <li>• Treatment plan review</li> <li>• 2 Urinalysis per week</li> <li>• Case Management Session (if applicable)</li> <li>• 1 Individual Session w/ Therapist biweekly</li> <li>• See the Medical Director (if applicable)</li> <li>• Family Session</li> <li>• 2 Progress Evaluations (week 9 and 13) before advancing to next phase</li> </ul>	<ul style="list-style-type: none"> <li>• Attend 2-3 NA/AA Meeting per week</li> <li>• Have a sponsor</li> <li>• Continue Step work</li> <li>• 16 Consecutive Negative Drug Screens</li> <li>• Compliant with Medications and random Count Check (if applicable)</li> </ul>
<b>PHASE IV (OP) WEEKS 14-19</b>	<ul style="list-style-type: none"> <li>• ASAM Transfer</li> <li>• 2 days or 6 hours of Group per week</li> <li>• Treatment plan review</li> <li>• 1 Urinalysis per week</li> <li>• Case Management Session (if applicable)</li> <li>• 1 Individual Session w/ Therapist biweekly</li> <li>• See the Medical Director (if applicable)</li> <li>• 1 Progress Evaluations before advancing to next phase</li> </ul>	<ul style="list-style-type: none"> <li>• Attend 3 NA/AA Meeting per week</li> <li>• Have a sponsor</li> <li>• Continue Step work</li> <li>• 6 Consecutive Negative Drug Screens</li> <li>• Compliant with Medications and random Count Check (if applicable)</li> </ul>
<b>PHASE V (OP) WEEKS 20-24</b>	<ul style="list-style-type: none"> <li>• 1 day or 3 hours of Group or 1 Individual Session w/ Therapist per week</li> <li>• 1 Urinalysis per week</li> <li>• Case Management Session (if applicable)</li> <li>• Family Session</li> <li>• See the Medical Director (if applicable)</li> <li>• Family/Support Session</li> <li>• 1 Progress Evaluation (week 25) before Discharge</li> </ul>	<ul style="list-style-type: none"> <li>• Attend 4 NA/AA Meeting per week</li> <li>• Have a sponsor</li> <li>• Continue Step work</li> <li>• No Positive Drug Screens during this phase or the client will level down to Phase III</li> <li>• Compliant with Medications and random Count Check (if applicable)</li> <li>• Discharge Session</li> </ul>