

Program Cost

The standard fee to participate in IOP is \$20.00 a week.

Program Location

IOP sessions are held at Comprehend Inc.'s outpatient offices:

Mason County

Monday: 1 p.m. - 4 p.m.; 5 p.m. - 8 p.m.
Tuesday: 1 p.m. - 4 p.m.; 5 p.m. - 8 p.m.
Thursday: 1 p.m. - 4 p.m.; 5 p.m. - 8 p.m.

Fleming County

Monday: 9 a.m. - noon
Tuesday: 9 a.m. - noon
Thursday: 9 a.m. - noon

Lewis County

Monday: 9 a.m. - noon
Tuesday: 9 a.m. - noon
Thursday: 9 a.m. - noon

AA and NA meeting attendance is mandatory as part of IOP.

For more information, contact:

Marilee Ford
Substance Abuse Coordinator
606-849-2212 (Ext. 4004)
mford@comprehendinc.org

Comprehend is
an Accredited Mental
Health Center Serving
the Buffalo Trace Region

Our Mission

Comprehend's mission is to enhance the well-being of individuals, families, and communities by advocating for and providing behavioral healthcare services in a welcoming and caring environment.

Please feel free to call any of our area offices listed below for further information about our services

Mason County

611 Forest Avenue
Maysville, KY
606-564-4016

Bracken County

134 Grandview Drive
Brooksville, KY 41004
T: 606-735-3611

Fleming County

610 Elizaville Avenue
Flemingsburg, KY 41041
T: 606-849-2212

Lewis County

83 Second Street
Vanceburg, KY 41179
T: 606-796-3021



Intensive Outpatient Program



*Begin the road to
recovery*

Helping You Put the Pieces Together

Program Philosophy

The philosophy of this program is based on the belief that chemical dependency is a disease. This disease is chronic, progressive, and fatal if left untreated.

The substance abuser is not viewed as a “bad” person, but as a “person with a disease which has caused inappropriate behaviors due to the impaired emotional, mental, and spiritual perceptions that are drug-affected.” The very nature of this disease is to manifest itself through the substance abusers’ denial of the disease’s existence.

This program addresses the denial aspect thought education, therapy, and 12 step meetings. Addiction affects a person holistically (spiritually, emotionally, mentally, and physically.) This mode of treatment will intensively address each of these facets.

Admission Criteria

Not everyone will be appropriate for this program; therefore the following admission criteria has been established to assure appropriate referrals.

- **Clients must be 18 years of age or older.**
- **Each client must be physically stable (defined as not being in acute physical withdrawal.)**
- **Each client must be mentally stable (defined as not being in acute mental crisis.)**
- **Each client must be motivated to stop substance abusing behavior.**
- **Each client must consent to random drug screenings.**

Phase System

Clients will move through the program by way of a phase system. There are three phases which vary in duration. Each phase has specific requirements which must be met in order to progress to the next phase. Random drug/alcohol screenings can occur at any level of treatment, and cooperation with screening is also required. The program is designed to be completed within a 6 month time frame.

Program Materials

We use materials from Living in Balance and The Matrix Model for Adults. Both are evidenced based approaches for recovery and relapse prevention.

Living in Balance is a program that helps people understand addiction and how the disease effects many areas of our lives. It also focusses on developing a personal recovery plan to prevent relapse, re-rebuild relationships, and get life back in balance.

The Matrix Model for Adults is a program of structured treatment meant to provide structure, knowledge and support to gain and maintain abstinence from substances. It helps change negative thought patterns that lead to addictive and criminal behavior.

Our program is designed to help support people in recovery, provide information for long to relapse prevention, and to holistically recover from the disease of addiction.

Random Drug/Alcohol Screenings

Random drug/alcohol screenings are a mandatory part of IOP participation. Screenings help hold clients accountable and ensure that each client is taking his/her recovery seriously.

Other benefits of screenings:

- **Persons addicted to alcohol or drugs need clear and well-defined boundaries for effective treatment.**
- **The IOP group as a whole must come first over any individual client.**
- **Abstinence is a good indicator of motivation to change, and the converse is an indicator of one’s regression.**
- **Impaired perceptions cannot be affected when one remains in an altered state.**
- **Performing random screens can motivate one toward abstinence to avoid unpleasant consequences until the greater motivation for recovery is found and experienced.**

Remaining in IOP

Clients are not automatically guaranteed program completion just because of attendance. This is treatment and all clients can be adversely affected by one client's negative attitude, apathy, or uncooperative spirit. Therefore not only is attendance and participation required, but demonstrated motivation is also necessary. The criteria for remaining in IOP is as follows:

- **A demonstrated commitment to sobriety**
- **Regular attendance and participation in IOP activities**
- **A demonstrated motivation to become educated on, work toward, and become active in the process of recovery**
- **Attend 12-Step meetings (Alcoholics Anonymous and Narcotics Anonymous) with the IOP group.**
- **Complete all IOP phases.**
- **Complete specific goals as outlined on individual client treatment plan.**