



PREMIER TREATMENT FOR SUBSTANCE
USE DISORDERS IN THE WORKPLACE

461 SOUTH FOURTH STREET
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INTENSIVE OUTPATIENT PROGRAM DEFINED



The Intensive Outpatient Program (IOP) is offered by SelfRefind in circumstances where, after a clinical and medical assessment, the patient may be shown to need more than traditional outpatient services, yet does not require medically supervised detox. IOP services run 3 hours per day, 3 days a week, for a total of 9 hours of services weekly. In this program the patient has the support of a counselor and treatment peers while navigating the everyday challenges of early recovery.

HOW IOP WORKS

Services are delivered primarily through group therapy but each patient is also assigned an individual therapist for weekly meetings while in treatment. Groups are small and generally do not exceed 10 people in a safe and comfortable environment. Patients are introduced to the following while in the IOP at SelfRefind.

- Understanding Medication and Its Proper Administration
- Relapse Prevention Skills
- How to Manage Urges and Cravings
- Understanding the Brain Chemistry of Addiction
- Progression of the Disease of Addiction
- Introduction to the Twelve Steps
- Spirituality
- States of Change
- Focus On Co-Occurring Disorders and the Effects On Addiction and Recovery
- The Family Education Program



INDIVIDUALLY TAILORED APPROACH

The IOP program at SelfRefind typically lasts for a period of 8 weeks, but every patient is different. Each IOP program is designed specifically for each individual patient, so treatment may run more or less than eight weeks as needed.

SELFREFIND CURRENTLY OFFERS IOP SERVICES IN KENTUCKY IN MOREHEAD AND DANVILLE. FOR MORE INFORMATION, CALL 866-755-4258 OR ASK YOUR SELFREFIND COUNSELOR.

TRANS- FORM

TO MAKE A THOROUGH OR DRAMATIC CHANGE IN THE FORM, APPEARANCE, OR CHARACTER OF. TO CHANGE COMPLETELY AND USUALLY IN A GOOD WAY.