



## Intensive Outpatient Program

Intensive Outpatient Program (IOP) offers short-term, multidisciplinary, structured day or evening programming that consists of intensive treatment and stabilization within an outpatient therapeutic milieu setting.

### Requirements of Our Program

IOP is required to be available at least 3 – 5 days per week, typically 2 – 3 hours per day. Treatment reduces in intensity and frequency as the Individual establishes community supports and resumes daily activities. The short-term nature of IOPs makes it inappropriate to meet the need for long-term day treatment.

IOPs may be provided by either hospital-based or freestanding outpatient programs to Individuals who experience symptoms of such intensity that they are unable to be safely treated in a less intensive setting and would otherwise require admission to a more intensive level of care.

IOP also includes 24/7 crisis management services, Individual, group, and family therapy and coordination of medication evaluation and management services, as needed.

Coordination with collateral contacts and care management/discharge planning services should also occur regularly as needed in an IOP.

For children and adolescents, the IOP provides services similar to an acute level of care for those individuals with a supportive environment to return to in the evening. As the child decreases participation and returns to reliance on community supports and school, the IOP consults with the child's caretakers and other providers to implement behavior plans or participate in the monitoring or administration of medications.

## **Intensive Substance Use Disorder Outpatient**

In accordance with COMAR 10.47.02.05, SCCS shall provide (Level II) Intensive Substance Use Disorder Outpatient services.

Intensive Outpatient Treatment is an outpatient evaluation and treatment service for both youth and adults. The Intensive Outpatient Substance Use Disorder program is designed to assist Individuals with achieving stabilization.

IOP treatment service participants will achieve SMART goals by participating in a variety of intensive Individual and group counseling sessions aimed to increase coping skills and relapse prevention strategies.

The service includes the establishment of fundamental, psychoeducational, and treatment components for IOP participants. Individuals will also be given the opportunity to apply their newly developed skills within their natural environments, with familiar community support networks, all without an inpatient residential stay.

### **Philosophy of the Program**

As one of the leading mental health and substance abuse treatment programs in the DMV, we know that every person seeking services we meet is distinctive.

The intensive outpatient program (IOP) at SCCS is designed to address substance use, mental health disorders, and co-occurring issues.

- SCCS understands that both addiction and mental health disorders are chronic, life-long, relapsing conditions that require individualized treatment plans and continued support.
- SCCS acknowledges that the decision to begin treatment is far from easy and may be filled with anxiety as IOP participants initiate services.
- SCCS will provide support and guidance through every step of our IOP participant's journey.

### **Anticipated Outcome of service (Program Goals)**

The projected outcome of the program is to empower IOP participants to achieve perpetual changes in their alcohol and drug-using behavior.

IOP participants will focus on lasting change efforts in areas that may prove to be a barrier to treatment to include, but not limited to: lifestyle issues or choices, attitudinal and behavioral issues.

### **Frequency and Duration of Service Delivery**

IOP shall be available at least 3 – 5 days per week, typically 2 – 3 hours per day. Treatment reduces in intensity and frequency as the Individual establishes community supports and resumes daily activities. The frequency and intensity of treatment varies and is therapeutically based upon the Individualized needs of the person seeking services. IOP services for youth consists of a planned regimen of scheduled sessions, such as: a minimum of 6 hours per week and a maximum of 20 hours per week for youth and 9-20 hours per week for adults.

## **Specific Services Offered:**

### **Individualized Service Interventions**

The treatment services and interventions available to IOP participants admitted to the Intensive Level 2.1 Substance Use Disorder Outpatient program will include:

- case management services
- alcohol and drug education
- individual, family, and/or group counseling
- family intervention support
- psychiatric and other individualized treatment planning
- medication management
- psychoeducational activities
- withdrawal management services
- 24 hour emergency services available
- referral services to meet the client's emerging needs.

### **Case Management Services (Provided Directly)**

IOP participants enrolled in the Intensive Level 2.1 Substance Use Disorder Outpatient program may identify a need for case management services that will help him or her handle aspect of their lives that are not directly related to substance use but that might impact whether the individual remains in treatment and has successful treatment outcomes.

Case management services reflect the individualized needs of the individual seeking services, as identified in the screening and assessment process and reflected in treatment plan goals. These services are intended to improve the social determinants of holistic health that impact the enrolled IOP participant and his or her family. Individualized case management services may also encompass assistance with health needs, assistance with transportation, assistance with child care, and assistance with family situations, living conditions, school or work.

### **Alcohol, drug, and infectious disease education (Provided Directly)**

Within the first 30 days of treatment, the Addiction Specialist will provide and document in the individual's medical record evidence that the IOP participant has successfully finished training in infectious disease education.

The infectious disease education includes information dissemination regarding human immunodeficiency virus, hepatitis, sexually transmitted diseases, and tuberculosis. Continuing alcohol and drug education are available to individuals through scheduled individual and/or group counseling sessions. The alcohol, drug, and infectious disease education series culminates with a client risk assessment, identification of risk reduction interventions, and, if appropriate, referral for counseling (individual or group as determined clinically necessary).

### **Individual and group counseling (Provided Directly)**

Individual counseling is an essential part of the Intensive Level 2.1 Substance Use Disorder Outpatient program. Counseling sessions are initially centered around the review of treatment plan goals and expectations, scheduled with IOP participants at least twice weekly, and available upon request and/or a clinical determination.

## **Outpatient Mental Health Center (OMHC) (Outpatient OP)**

Outpatient mental health services, such as assessment and evaluation and individual, group, and family therapies, are provided by Second Chances Comprehensive Services outpatient mental health center (OMHCs) regulated under COMAR 10.21.20 and by individual mental health professionals authorized and/or licensed by the appropriate practice boards.

Second Chances Comprehensive Services OMHC shall provide services that are age- and culturally-appropriate, coordinated with other components of the delivery system, and focused on recovery and resiliency.

Second Chances Comprehensive Services OMHC shall ensure that services are accessible and available at least 40 hours per week, during some weekend and evening hours, and provide emergency coverage 24 hours per day, seven days per a week, as regulated under COMAR 10.21.20.

### **Philosophy of the Program**

Second Chances utilizes a multi-theoretical approach to providing outpatient treatment services. Being intentional involves making informed choices about the focus of treatment, theoretical conceptualization, intervention strategies, and relational stances.

Multi-theoretical social work encourages therapists to think in a multidimensional manner, recognizing the rich interaction between thoughts, actions, and feelings within the context of biology, interpersonal patterns, social systems, and cultural contexts.

## **Anticipated Outcome of service (Program Goals)**

The projected overall goal of outpatient treatment services is to improve the quality of life for persons seeking and receiving services through the implementation of specialized outpatient treatment services and clinical techniques designed to promote healing and recovery from abuse, hurt, difficult emotions, and trauma.

Specific treatment focus areas:

- Grief and Loss
- ADHD
- Recovery
- Parenting Skills
- Communication skills
- Relationships
- Coping Skills
- Anger Management
- Recovery
- Vocational skills
- Education support
- LGBT adjustment concerns
- Anxiety
- Stress Management
- Mood stability

Short term objectives of the OMHC- To reduce the need for a higher level of care for the person served, To stabilize moods and improve affect of the person served, To improve/social adjustment to life stressors with input from the person served while helping to identify social supports for the person served.

## **Frequency and Duration of Service Delivery**

SCCS Outpatient Mental Health Clinic shall be open to provide wrap around therapy services for persons seeking services from 8:30 to 7pm Monday to Friday and some weekends. Some weekend hours will be made available by appointment only. SCCS OMHC will also provide crisis services after hours and on weekends as needed.