

Healthy Minds - Chestnut Ridge

Addiction Intensive
Outpatient Program (IOP)



 **WVU**Medicine

Welcome to the Program

Welcome to the Intensive Outpatient Program (IOP) for the treatment of all substance use disorders and co-occurring mental health disorders. We hope your participation in our Program will provide you the type of healing experience you seek. We are committed to assisting you in your journey toward sobriety and recovery.

Healthy Minds – Chestnut Ridge’s IOP began in 1990 as an intensive, structured program designed to provide therapy, education, and medical treatment to individuals with substance use disorders and their family members during early recovery.

There is a correlation between the length of outpatient treatment and long-term sobriety. The largest percentage of individuals who relapse do so in the first 90 days. The IOP is available to help during this critical period by presenting a forum for recovering individuals to learn and process new behavioral skills and to integrate them into daily living.

The Program consists of group therapy, family therapy, and medical groups that meet three days each week. The groups provide participants an opportunity to talk about pertinent issues, obtain education on the recovery process, educate family and friends on the nature of addiction, and referral for necessary medical care. Participants are also seen by an individual therapist on a regular basis.

Program Staff

Addiction program staff are members of the West Virginia University School of Medicine Department of Behavioral Medicine and Psychiatry. Our staff members include a licensed physician and licensed therapists.

IOP Schedule

Monday:

Therapy Group: 4 – 5:30 pm

Tuesday:

Medical Group: 4 – 5 pm

Family Group: 5 – 6:30 pm

Thursday:

Therapy Group: 4 – 5:30 pm

Length of participation in the IOP varies and usually lasts on an average of 12 weeks with a minimal appointment attendance three days a week. Program staff will recommend follow-up treatment on an individualized basis.

Meetings take place by tele-health or in person at Healthy Minds – Chestnut Ridge.

To join, call 304-598-4214 between the hours of 8 am and 5 pm Monday through Friday.

Group Information

Therapy Group: Participants are encouraged to talk about issues related to addiction as well as those affecting daily life (i.e. marital, family, work, or financial problems). Participants gain skills related to relapse prevention and emotion regulation.

Medical Group: Members meet with a team of physicians and residents to discuss health and medical issues. Sessions include lectures on medical issues related to addictions, proper medical care, and medication issues. Referrals for further treatment may be recommended.

Family Group: Participants are strongly encouraged to bring family members or others close to them. It is well documented that the addicted person impacts the lives of approximately six other people. Information on the nature of addiction and its impact on the family is provided with discussion encouraged.

Other Addiction Groups:

IOP Step-Down Group: This is a weekly process group for individuals with substance use disorders who do not need IOP level of care or who have completed IOP. This group helps individuals to forge connections with others in different stages of recovery and provides ongoing support.

COAT (Comprehensive Opioid Addiction Treatment) Program: Individuals with opioid use disorder seeking recovery from substance use may be treated in a weekly clinic that includes drug screening, required self-help attendance,

IOP Program Guidelines

- Participants will have a desire to abstain from all mood or mind-altering chemicals and will attend group-based treatment three times a week for 12 weeks.
- Participants will make a commitment to regular group attendance. If unable to attend, cancellation must be communicated.
- The Program provides medication management to assist both mental-health and substance use disorders.
- The Program utilizes random urine drug screening to assist with accountability.
- Attendance at peer recovery meetings within the community, like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), is encouraged.
- Participants are asked to bring supportive family members and significant others to attend weekly Family Group meetings.
- Participants will assume financial responsibility for any payment or co-payment towards the cost of treatment.



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