

## **Substance Abuse Intensive Outpatient Program FL (SA-IOP) FAQ**

### ***Who should participate in SA-IOP?***

The program is designed to serve adults age 18 and older who require aftercare after inpatient drug/alcohol rehab, are initiating abstinence again after a relapse, are new to Recovery or who are coming to our Center for buprenorphine-supported recovery from opiate addiction.

### ***What is SA-IOP?***

Intensive Outpatient Program (IOP) is a more intensive treatment than regular outpatient services, is conducted in a group setting in three hour sessions, three times a week (Monday, Tuesday, Thursday 5:30pm-8:30pm). The patient participates in a structured program with other patients, who are struggling with chemical dependency. All patients are offered individual psychotherapy one session a week at no extra charge. Most patients complete the IOP program in 18 sessions (6 weeks.)

### ***What is the focus of SA-IOP?***

In IOP we focus on the practicalities of staying drug/alcohol free under real life conditions. Patients learn techniques to maintain commitment and avoid relapse. We help patients understand their personal relapse triggers whether they are social, intellectual, emotional, physical or mental health. Patients learn how to intervene with their relapse triggers.

### ***Is SA-IOP covered by my insurance?***

Yes, most insurances cover this service. To check your specific plan, please call your insurance and inquire about your benefits for intensive outpatient services.

### ***How do I enroll in SA-IOP?***

Please make an appointment for an IOP evaluation with Michele Privette, ARNP-C, by calling 941-677-3366, Monday-Friday, 8am -5pm.

### ***What happens after I complete SA-IOP?***

After completing our IOP program many patients still need treatment, but at a lower level. Patients that complete IOP are eligible for our non-intensive outpatient group which meets on Mondays from 5:30 to 6:30 pm. Now that the critical phase of establishing abstinence from drugs and alcohol has been met, patients in outpatient group can concentrate on maintenance and quality of life issues. Individual psychotherapy is also available.