

Intensive Outpatient Program

PARTICIPANT HANDBOOK



**Summit
Pointe[®]**

Dear Program Participant,

Welcome to Intensive Outpatient Programming at Summit Pointe. You are taking the first step toward overcoming your addiction and we welcome you in our program. We hope to educate you and provide the treatment needed to have a lasting success for your lifetime.

*This program requires a minimum of 9 hours per week of your time. We understand that the time commitment is intensive. Our program is evidenced based (research proven) while being a necessary part of your healing and recovery. **Take this time for you.** You deserve the best treatment possible.*

You and your treatment team will develop your treatment plan. The treatment plan is based on your goals that are identified through the person-centered assessment you participate in. By taking an active role in your treatment, which includes following treatment recommendations: such as attending all groups and meeting regularly with your clinician, the hope is that this program will be the start to a positive journey.

If you have any questions about the IOP Program, please ask your clinician or group leader. Their contact information is below. I can also be reached at 269-441-5924.

Sincerely,

Shannon Roberts, MA LLP CAADC CCS

Important contact information:

Agency: Summit Pointe

Phone: 269-966-1460

Clinician: _____ phone: _____

IOP Program Director: Shannon Roberts phone: 269-441-5924

Meet the IOP Treatment Team!

- You
- Your family or support system
- Your Clinician: _____
- Group Facilitators;
- Christine Carbeck/Chad Dadow – Monday
- Dennis Owens/Chad Dadow – Tuesday
- Laurel Huff/Chad Dadow – Wednesday
- Jonah Frick/Chad Dadow - Friday
- Summit Pointe Outpatient Director: Shannon Roberts

Program Requirements

While in the IOP Program, you will be asked to be a full and active partner in the program and the IOP team encourages you to:

- Participate in developing your treatment plan with the treatment team;
- Attend all regularly scheduled groups;
- Participate in all regularly scheduled groups;
- Keep all appointments with treatment providers;
- Inform your clinician of any change of address, phone number, or email;
- Notify your clinician if you:
 - Cannot make a scheduled group session
 - Miss an appointment
 - Are hospitalized

Treatment Adherence

As you continue to meet the requirements of the IOP Program, the level of attendance required by your treatment team will be reduced. You will be moved to an Outpatient level of care along with attendance at groups less frequently. However, should you not follow the requirements of your treatment plan, the team may take any of the following actions:

- Extend the length of time that you are in the IOP program;
- Remove you from the IOP program;
- Work with court officials, if applicable, to insure your success in the program;

IOP Weekly Schedule

Mondays – 9am –noon early skills/seeking safety

Tuesdays – 9am-noon early skills/family education

Wednesdays – 9am-noon early skills/mindfulness

Fridays – 9am-noon early living skills/relapse prevention

It is recommended that you attend all of these groups on a weekly basis for the best overall success but REQUIRED that you attend 3 of them. You also will meet weekly/bi-weekly with your individual therapist

Frequently Asked Questions:

1. How long will I be in the IOP Program?

IOP is typically anywhere from 8-12 weeks.

2. What do I need to do to complete the IOP Program?

This is up to you and your treatment team. If you are following your treatment plan and have not had any relapses then you will be reduced to regular outpatient programming also with Summit Pointe.

3. What happens if I am sick or forget an appointment?

You must contact your clinician or Summit Pointe support immediately and provide a reason for missing an appointment. We understand everyone has the occasional conflict and/or gets sick. Work with us on resolving any ongoing conflicts for your healing journey to go as smoothly as possible.

4. What will we talk about in groups?

Groups cover several areas of wellness including early recovery skills, trauma healing, mindfulness, relapse prevention, and family education. Sharing is a part

of group therapy as is confidentiality. We are striving to create the safest environment possible for you to feel comfortable.

5. Can I bring my Family and Friends?

We will have a Family/Friend educational group each Tuesday from 10:30-noon where your supports are encouraged to join us. That is only time that you will be able to have others attend.