



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADULT INTENSIVE OUTPATIENT PROGRAM

## Counseling & Social Services

The Community YMCA Family Services is an Outpatient treatment provider, offering care for individuals and families affected by issues related to substance abuse and mental health. Our services are comprehensive and include an adult Intensive Outpatient Program (IOP) for men and women.

Our substance abuse IOP not only addresses the addiction issues of those who seek our services, but it also helps each individual to explore the factors contributing to their illness and to identify all the measures necessary to sustain recovery, once it is achieved.

### IOP Program Structure:

- > IOP is a step-down program starting at 3 times per week.
- > Group meets Monday, Tuesday and Thursday from 6-9 p.m.
- > Didactic and psycho-therapeutic methods are employed.
- > The IOP follows a drug-free model with a Twelve Step orientation. Participation in a self-help recovery program is an integrated part of treatment.
- > IOP clients may also receive individual or family treatment, based on needs identified throughout the course of treatment.
- > Urine screening is administered on a random basis.

Abstinence is a primary treatment goal. Relapse prevention and recovery maintenance are integrated parts of the program. Participants address environmental and other factors that could sabotage their recovery, as well as plan for alternatives to using drugs/alcohol. Treatment is aimed at mind, body and spirit recovery.

### IOP Goals and Objectives:

- > To provide an understanding of addiction as a disease
- > To create a therapeutic environment in which to explore feelings, attitudes, behaviors, problems and solutions
- > To offer a positive group experience
- > To help in the development of communication skills, alternative coping skills, problem solving, conflict resolution and goal setting
- > To facilitate integration into the self-help community

For those with co-occurring disorders, our staff psychiatrist is available for medication evaluation and monitoring. When indicated, an evaluation can be provided to determine the presence of a chemical imbalance, which could compromise recovery, if left untreated.

Following the completion of the IOP level of care, the **Recovery Maintenance** phase begins. For continuing care, participants graduate into the Recovery Maintenance Group, which is an integrated part of the IOP. Individual therapy is also an integral component of this treatment phase.

### Family Care:

There are services available for the children of substance abusers and other loved ones. Philosophically, our program subscribes to the belief that chemical dependency of one family member affects the entire family, and those who love them. Therefore our program is designed to meet the needs of the client as well as their loved ones.



## THE COMMUNITY YMCA

Counseling & Social Services Outpatient Office

166 Main Street | Matawan, NJ 07747 | 732.290.9040, ext. 0

### LET'S CONNECT!

 [facebook.com/YMCAcounseling](https://www.facebook.com/YMCAcounseling)

 [twitter.com/cymca\\_nj](https://twitter.com/cymca_nj)

 [youtube.com/CommunityYMCA](https://www.youtube.com/CommunityYMCA)

[TheCommunityYMCA.org](http://TheCommunityYMCA.org)