

# Substance Use Intensive Outpatient Program

## Information for Our Referral Partners



Our Substance Use Intensive Outpatient Program (IOP) is open for anyone to join and participate at any time. Participants spend approximately 12 weeks in this level of care. This service is available in person at our Montrose and Gunnison locations.

Using the MATRIX model, this program includes the evidence-based Early Recovery Skills, Relapse Prevention, and Family Education curricula, and structured social support through the SMART Recovery program. Following completion of this IOP program, clients will participate in continued care individualized to address their unique treatment needs.

### Referral Process

Participants of this program may be referred by any primary care provider, behavioral health provider, or judicial partner through the centralized referral process. Participants may also self-refer by calling Axis Health System at 970.252.3200, by using our Same Day Access for New Clients service, or may be recommended to the program by their Axis treatment provider.

Appropriate clients for this program may meet the following criteria:

- Diagnosed with substance use disorder
- Active or recent substance use within the past month
- Would benefit from daily structure to meet treatment goals
- Meets criteria for intensive outpatient level of care

### From Intake to Discharge

#### INITIAL INTAKE

Program participants will complete an initial evaluation of mental health, substance use, and medical history. During the process, the clinician administers screening and diagnostic tools to guide referrals to the program. These assessments will serve as initial points of measurement for future evaluation of the individuals' progress. Admission paperwork will also be completed at this time. Initial assessments usually take about 1½ hours.

#### ONGOING ASSESSMENTS

The clinician will conduct ongoing assessments after the fourth and eighth week in the program to evaluate our client's stage of change and investment in treatment. Clients may also participate in drug testing to support accountability and commitment to treatment.

#### DISCHARGE

Upon completion of the program, our client will meet with their clinician who will conduct an assessment update reflecting the client's progress made while in the program and change in substance use patterns. The clinician will make recommendations regarding further treatment or discharge.

### Treatment Providers

Program treatment is provided by a team of certified and credentialed Axis staff including clinicians who

facilitate groups and individual and family therapy sessions. They also manage care coordination with referring partners. The program is also supported by experienced case managers and a recovery coach who is certified in the SMART Recovery program.

### Treatment Services

#### EARLY RECOVERY SKILLS

Early Recovery Skills groups focus on behavior changes to support establishment of sobriety from substances. Groups are structured and routine.

#### RELAPSE PREVENTION

Relapse Prevention groups are open discussion-oriented groups focusing on discovering and preventing the pattern of relapse. Groups explore such topics as guilt and shame, triggers, and motivation.

#### FAMILY EDUCATION

Family Education groups include significant members of the participant's family and support circle. These groups provide education to family members on substances, how substance use impacts the family system, and how families can support recovery.

#### LIFE SKILLS PREVENTION & INTERVENTION

This service helps the individual establish skills for maintaining stability. Life skills groups also engage clients in other resources and supports. Topics include housing, employment, benefits, and harm reduction skills.

#### SMART RECOVERY

Self-Management and Recovery Training, or SMART Recovery, is a group using tools from effective practices such as cognitive behavioral therapy and motivational interviewing to build motivation, cope with urges, and manage thoughts, behaviors, and feelings.

## INDIVIDUAL THERAPY

The relationship between client and therapist is significant to recovery. Through the therapeutic relationship, clients develop trust and maintain accountability in their recovery. Clients participate in individual therapy sessions to encourage deeper reflection into their recovery, and to discover and address underlying reasons for their substance use. Individual therapy may use a variety of trauma-informed therapeutic approaches including cognitive behavioral therapy, solution-focused therapy, cognitive processing therapy, prolonged exposure therapy, or other modalities as appropriate. Following completion of the program, clients may be connected with a different therapist if a specialized focus in a particular area of treatment is appropriate.

## FAMILY THERAPY

An important aspect of recovery is the client's support system. Clients participate in family therapy sessions with significant individuals in their lives to help develop a healthy support system and encourage the use of effective relationship skills. Family therapy encourages the client to include of significant people in their lives to help support ongoing success after treatment.

## MEDICATION ASSISTED TREATMENT (MAT)

Medication Assisted Treatment (MAT) for opioid use is offered through our medical services program. MAT uses pharmacological interventions to reduce cravings for opioids and helps our clients maintain normal functioning as they recover from substance use. Eligible clients must complete the required assessments and blood work before beginning medication treatment as well as any required UAs and follow up appointments. Vivitrol services are also available.

## MONTHLY SOBER ACTIVITIES

Axis' monthly sober activities provide an opportunity for clients to learn new coping skills and practice pro-social skills. Developing hobbies helps clients find new ways to use their time in building positive relationships with others who share the same interests. Learning new sober activities also helps with anhedonia, the inability to feel pleasure, that sometimes develops during recovery.

## Continued Care

After completing the initial 12 weeks of this program, clients will meet with their therapist for a clinical assessment to determine appropriate next steps in treatment. Care may be transferred from the program clinician to a different qualified

clinician to focus on other clinical needs. Coordination with other parties will continue as needed.

Recovery is a long process and we're here for you every step of the way. To support success, continued care may last up to 48 weeks. Treatment services include individual therapy, substance use groups, and co-occurring groups. As people progress in treatment, they will reduce the frequency of services. Once treatment goals are met, clients have the opportunity for regular check-ins with a member of their treatment team to help them maintain their progress.

## INDIVIDUAL THERAPY

Based on clinical assessment, individual therapy may focus on recovery or address co-occurring mental health concerns, explore and resolve underlying reasons for substance use, and other areas. Individual therapy may use a variety of trauma-informed therapeutic approaches including cognitive behavioral therapy, solution-focused therapy, cognitive processing therapy, prolonged exposure therapy, or other modalities as appropriate.

## SUBSTANCE USE GROUPS

After completing the program, participants may continue their progress in an outpatient substance use group. Based on the clients' stages of change, these groups build on skills previously established in early recovery. These skills help clients develop greater insight and feel supported in making changes to their lives that allow them to consolidate and maintain their progress in recovery.

## CO-OCCURRING GROUPS

Co-occurring groups simultaneously address substance use and mental health concerns. Co-occurring group options may include "Complex Addictions Treatment", "Seeking Safety", dialectical behavioral therapy, relationship groups, or other groups as clinically indicated.

### For More Information

Call 970.252.3200 to speak with an IOP specialist.

To refer your client to our program, please email [referrals@axishealthsystem.org](mailto:referrals@axishealthsystem.org)

If your client would like to self-refer, please have them visit during Same Day Access for New Clients available 10 a.m. – 1 p.m. at our Delta, Gunnison, or Montrose offices.

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