

Intensive Outpatient Program for Substance Abuse & Addiction



Sage Neuroscience Center

6 Steps to Recovery in 12 Weeks

From Awareness to Healing For the Individual and Family

- Awareness** • Life history-what has lead up to me being here
- Embodying Fearlessness** • Inside/Outside mask or tree and roots art-what I show others vs. what I hide
- Beyond the Basics** • Top 10 triggers and plan for each
- Repatterning** • Primary cognitive distortions-about me, family, recovery, world-why they are harmful and how I am working on changing them
- Integration** • What I see vs. what others see-the awesome and amazing me-a work in progress
- Healing** • Aftercare plan-my needs and how I plan on making sure they are addressed

The Intensive Outpatient Program (IOP) is a 12 week program for individuals and their families struggling with addiction issues. The IOP structure encourages clients to actively practice implementing the recovery skills they are learning in their lives while having a supportive environment in which they and their families can process these changes.

The IOP serves as a continuum of care following a residential treatment program or as a higher level of care for those who have struggled with their recoveries at a lower level of care. Our clinic offers a myriad of additional support services for the individual and family based on their needs. These services include individual therapies, couples counseling, family therapy, medication evaluation and monitoring, outpatient opiate and alcohol detox, and aftercare services.

The IOP will meet on Monday, Wednesday, and Thursday from 9am-12pm.

Every third Wednesday is a required family session. A therapeutic play environment will be provided during the family group times for children under the age of 13.

Begin the Recovery Process

Call 505-884-1114 or visit SageClinic.org/IOP

“I want to get you excited about who you are, what you are, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are right now.”

- Virginia Satir

The program will include: six presentations to graduate, group process, motivational interviewing, systems therapy, focus on mind body and spirit...holistic health approach, regular UA's and breathalyzers to aid the individual in staying on course in their recovery.

Recovery is a gift worth giving yourself.

Let us start the journey with you.

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The program will incorporate traditional as well as alternative approaches to recovery, healing and empowerment. Groups will include:

- Psychoeducational teaching
- Skills-development
- Interpersonal process groups
- Identification and addressing triggers
- Learning grounding techniques
- Breathwork
- Emotional Freedom Technique (EFT)
- Education on the chemistry of addiction
- Healthy lifestyle alternatives
- Communication skills
- Family therapy and educational family groups around aspects of addiction within a family system
- Groups addressing cognitive distortions
- Self esteem and self worth
- Nutrition
- Boundaries
- Impulse control
- Coping skills
- Co-occurring issues
- Cycle of change
- Family roles
- Self care
- Losses/resentments
- Deactivation of cravings
- Safety planning/refusal skills
- Work around codependency issues