

Outline of 4-Level IOP Structure

Level 1:

- 6 weeks duration, minimum
- 4 days lecture/experiential exercises
- 4 days group therapy
- individual counseling, every other week, 45-minute sessions
- Attends four day a week (Monday, Tuesday, Wednesday, and Thursday, 4:30pm to 7:30 pm)

Level 2:

- 8 weeks duration, minimum
- 3 days lecture/experiential exercises
- 3 days group therapy
- individual counseling, every three weeks, 45-minute sessions
- Attends three days a week (Monday, Tuesday, and Wednesday 4:30pm to 7:30pm)

Level 3:

- 12 weeks duration, minimum
- 2 days lecture/ experiential exercises
- 2 days group therapy
- individual counseling monthly, 60-minute sessions
- Attends two days a week (Monday and Wednesday, 4:30pm to 7:30pm)

Level 4:

- 22 weeks duration, minimum
- no lectures/experiential exercises required (but client may attend or repeat lectures voluntarily, provided that there is prior approval and space available)
- 2 days group therapy
- individual counseling monthly, 60-minute sessions
- Attends two days a week (Tuesday and Thursday, 4:30pm and 6:00pm)

*As the program is continually evolving to meet client needs, lectures are sometimes added and additional assignments may be required; however, the list below highlights general assignment expectations for each of the IOP Levels.

Major Assignments in Level 1:

- PAWS Management Strategies
- Acting Out Cycle
- Timeline
- Family Mapping
- Defense Mechanisms
- Triggers and Craving Cycle
- Addiction Collage

Major Assignments in Level 2:

- Recovery Collage
- Step One Presentation

Major Assignments in Level 3:

- Analysis of Peer Evaluation

Major Assignments in Level 4:

- Step Two Presentation
- Step Three Presentation
- Report on a Recovery-Related Topic