

# Region 8

MENTAL HEALTH  
MENTAL RETARDATION COMMISSION



## IOP - INTENSIVE OUTPATIENT PROGRAM



Region 8 Alcohol and Drug Services are dedicated to offering support and proven strategies to individuals and their families in overcoming the destructive nature of alcohol and drug abuse. The Intensive Outpatient Program (IOP) is a core component of Region 8's Alcohol and Drug Services treatment and consists of a three-phase rehabilitation treatment process.

In the 10-week span of Phase 1, participants gain insight into the detrimental effects of their alcohol and/or drug abuse upon their health, career, and families through educational lectures and counseling. As IOP participants commit to a substance-free lifestyle, new skills for coping with stressors are learned. In Phase 2, participants engage with eight weeks of curriculum designed for relapse prevention. In Phase 3, participants continue their journey over the course of two years of Aftercare.

An added feature of the Intensive Outpatient Program is that all sessions are held at night to eliminate conflicts with normal working hours. Intensive Outpatient Program Groups meet Monday, Wednesday, and Thursday from 6 p.m. - 9 p.m. Additional sessions are scheduled on an individual basis.

For more information, contact us:  
(601) 591-5553 (Day) (601) 824-1658 (Evening)

Region 8 accepts Mississippi Medicaid as payment in full for these services and provides Alcohol and Drug Treatment Services on a sliding scale fee. Region 8 is funded in part by the MS Department of Mental Health.