

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 two-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. Phase 2, participants continue their journey over the course of one year of Recovery Support Services.

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 weekly at the local Region 8 Mental Health Center. Additional sessions are scheduled on an individual basis.

For more information, contact us at
(601) 591-5553

Region 8 is funded in part by the MS Department of Mental Health.



A-IOP ADOLESCENT INTENSIVE OUTPATIENT PROGRAM



Region 8 Alcohol and Drug Services is excited to offer the Adolescent Intensive Outpatient Program (A-IOP) for adolescents 13-18 years of age. The 12 week afterschool A-IOP group meets for over 6 hours per week of group therapy sessions and includes 10 individual therapy sessions, 2 caregiver and adolescent sessions, and 2 caregiver only sessions. During the group sessions teens will explore various topics associated with substance use such as triggers and cravings, challenging negative core beliefs, and relapse prevention, among others.

Region 8 A-IOP uses the Adolescent Community Reinforcement Approach (A-CRA) as its individual and family therapy modality. This is an evidence based model of therapy with extensive research and studies that demonstrate its effectiveness as a treatment model for the adolescent population. The underlying theme of A-CRA is to help the adolescent develop a life without alcohol or drugs that is so good they would never want to give it up. Some of the goals of the A-CRA model are to promote positive social activity, improve relationships with family and promote abstinence from alcohol and drugs.

Individual and family sessions are arranged through a therapist and can take place at Region 8 or at the adolescent's school or home. A-IOP groups meet weekly at the local Region 8 Mental Health Center.

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