



INTENSIVE OUTPATIENT PROGRAMS FOR SUBSTANCE USE (updated 10/16/20)

Please note that if you are more than 5 minutes late for group you will not be able to attend. Please be on time.

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00		Women's IOP (Jordan) 8:00 – 11:00AM	Men's IOP (Oscar) 8:00-11:00AM	Women's IOP (Jordan) 8:00 – 11:00AM	Men's IOP (Oscar) 8:00-11:00AM	
9:00						
10:00						
11:00						
12:00						
1:00		Women's IOP (Sonia) 1:00 – 4:00PM	Women's IOP (Sonia) 1:00 – 4:00PM	Women's IOP (Sonia) 1:00 – 4:00PM		
2:00						
3:00						
4:00						
5:00						
6:00		Men's IOP (Jamie) 5:30 – 8:30PM	Men's IOP (Jamie) 5:30 – 8:30PM	Men's IOP (Jamie) 5:30-8:30PM		
7:00						
8:00						

What is an Intensive Outpatient Program (IOP)? An Intensive Outpatient Program (IOP) is a series of individual therapy/counseling and recovery skills/support groups that meet for nine hours every week (three hours, three times a week). The IOPs at our CODAC at 380 location are for people with substance use disorders (working on recovery from any drugs or alcohol). Using the Evidence Based Programs *The Matrix Model* and *Helping Women Recover*, the sessions address recovery, relapse prevention, trauma, co-occurring disorders, substance use education, social support and family education. All groups are currently being offered virtually, using Zoom video conferencing; some may have in-person options.

The groups are separated by gender identity; please attend the group of your gender identity. You will need to choose to participate in *either* the morning *or* afternoon/evening session for the whole time you are in the IOP. You can join at any time and will be finished when you meet your goals (typically after at least 16 weeks). This intensive program will really give you a **strong foundation** in your recovery and for your future! Call CODAC at (520) 327-4505 to get started in one of CODAC's great Intensive Outpatient Programs!