

The decision to seek professional treatment for your addiction is never an easy one but it is a crucial step in your recovery process. You have recognized that substance abuse is creating problems in your life, now it is time to find the program that will help you to live a clean and sober life.

If you have a severe medical or psychiatric condition, a medically-managed or monitored inpatient program should be considered. However, if you do not have such complications, a residential program may be too restrictive and offer services you do not necessarily need. Additionally, if you have children at home or cannot take an extended leave of absence from work or school such a program may not be a practical choice.

While you may not need the full array of services offered with residential treatment, traditional outpatient program that often meets just once a week may not provide enough care. The recovery process is difficult, particularly in the early stages, and you will need multi-dimensional, personalized services.

The Intensive Outpatient Program at Greater Nashua Mental Health Center offers a proven approach to addiction treatment that combines the intensity and best practices used in a residential setting with the flexibility and convenience of nearby outpatient care.

## How Does An IOP Program Work?

- You will be screened to determine your appropriateness for the program. Before admission, individuals will be assessed and treated for withdrawal potential.
- A Licensed Alcohol Drug and Alcohol Counselor (LADC) will conduct a comprehensive substance abuse assessment.
- An individualized treatment plan will be developed for you and will be updated throughout the course of the program.
- You will attend 4 sessions weekly, from 6:00 pm-9:30 pm, Monday through Thursday for a period of 4 weeks (Phase I)
- After completing Phase I, you will attend a weekly Aftercare Group for 10 weeks (Phase II)



## What are the Benefits of an Intensive Outpatient Program?

- Increased duration of treatment (14 weeks) is associated with better outcomes
- Flexible, accessible services allows you to maintain your usual routines and responsibilities
- Lower financial costs compared to residential treatment
- Clinical flexibility to respond to individual needs
- Higher retention rate than low-intensity outpatient care
- Daily real-world opportunities to apply newly learned coping skills
- Increased opportunities to establish community-based supports
- Enhanced treatment for relapse
- Greater patient responsibility
- Participation in local self-help groups from the outset of intensive treatment  
Enhanced ability to develop long-term supportive relations with other clients



## **Will my Health Insurance pay for an IOP Program?**

The Substance Abuse Intensive Outpatient Program at Greater Nashua Mental Health Center is a preferred provider for the major insurance companies serving New Hampshire. After completing a telephone screening we will contact your insurance carrier to get approval for a substance abuse assessment. Once the assessment has been completed, and if we determine you to be appropriate for the program, we will again contact the insurance company to secure their approval for the Intensive Outpatient Program. You will be informed of the insurance carrier's decision before any services are provided.

For more information or to receive an initial telephone screening, please call 889-6147 and ask for the Substance Abuse Intensive Outpatient Program

*Recovery is a journey,  
not a destination ...  
Begin the journey*

**Are You Ready To Take The Next Step On Your Path To Recovery?**



**Substance Abuse Services  
Intensive Outpatient Program**



**Greater Nashua  
Mental Health Center**

*at Community Council  
7 Prospect Street, Nashua, NH 03060  
603-889-6147 ext. 3274*