



## APIA Awakuxtxin (working together) Intensive Outpatient Therapy (IOP)

BH Scheduling: 1-844-375-2742 or 907-222-9764

APIA Inc. provides psychological and substance use assessment, outpatient treatment services and therapy groups in Anchorage, Atka, Nikolski, St. George, King Cove (Belkofski) and Unalaska. We offer services to individuals regardless of race or ethnicity. We accept Private Insurance, Medicare, Medicaid, IHS, VA and Self-Pay, but we are not considered preferred providers or in-network with private insurance or VA insurance at this time.

We also provide a sliding scale/discount schedule program based on income and optional monthly payment plans.

The IOP is offered in conjunction with Eastern Aleutian Tribes (EATS).

### Ongoing classes throughout the Year-available telephonically or through internet based Vidyo.

TIME	MON	TUES	WED	THURS	FRI
9:00-10:00/10:30					9:00-10:30 IOP: Relapse Prevention
10:00-11:00	IOP: Orientation				
11:00-12:00	IOP: Early Recovery			IOP: Early Recovery	IOP: Social Support
2:30-4:00	IOP: Relapse Prevention	IOP: Relapse Prevention	IOP: Relapse Prevention		
4:00-5:30			IOP: Family Education		

#### To Register:

**New Patients:** To attend an IOP group you must be a patient of the APIA Behavioral Health Clinic. Please contact our front desk staff to schedule an intake and become a patient today! We will need a photo ID, insurance information and registration paperwork.

**Insurance:** Please contact your insurance company for IOP coverage.

Medicaid: Comprehensive Community Support services- code: H2015-HQ      Private Insurance: Group Psychotherapy code-90853

#### IOP Program & Questions

Groups are 12 weeks long with 9+ hours of group therapy and individual treatment options. We can individualize programming based on patient needs. The program is culturally attuned and often groups may be coordinated through tribal councils, community, and/or a school for site specific groups and activities.

**Contact:** Cheri Johansen, IOP Behavioral Health Coordinator [IOP@apiia.org](mailto:IOP@apiia.org), 907-222-4266

#### To Access:

Groups are facilitated by telephone or Vidyo (requires internet access through smart phone or ipad). Group members will be provided instructions and a link to join the session. In the future, patients will attend in-person sessions with the potential for participation via Vidyo.

## IOP Group Descriptions

### **IOP Orientation:**

IOP Orientation will review the foundation of the intensive outpatient program, (IOP). Groups are 12 weeks long. There are 9 hours of group therapy per week and individual treatment options. This program is based on the Matrix Model and includes both individual and group counseling addressing a wide range of issues including, but not limited to: relapse prevention, models of addiction, triggers, managing emotions, physical effects of alcohol and other drugs, stages of change, thinking errors, and other factors impacting life functions.

### **IOP: Early Recovery:**

Early Recovery Services Group session teaches clients an essential set of skills for establishing abstinence from drugs and alcohol. Two fundamental messages are delivered to clients in these sessions:

1. You can change your behavior in ways that will make it easier to stay abstinent, and the Early Recovery Services group sessions will provide you with strategies and practice opportunities to do that.
2. Professional treatment can be one source of information and support. However, to benefit fully from treatment, you also need peer support groups.

### **IOP: Relapse Prevention:**

Relapse Prevention Group sessions are forums in which people with substance use disorders share information about relapse prevention and receive assistance in coping with issues of recovery and relapse avoidance. The Relapse Prevention group is based on the following premises:

- Relapse is not a random event
- The process of relapse follows predictable patterns
- Signs of impending relapse can be identified by staff members and clients.

### **IOP Family Education:**

Family Education Group sessions provide a relatively nonthreatening environment in which to present information and provides an opportunity for clients and their families to begin to feel comfortable and welcome in the treatment facility. A broad spectrum of information is presented about methamphetamine dependence, other drug and alcohol use, treatment, recovery, and the ways in which a client's substance abuse and dependence affect family members as well as how family members can support a client's recovery.

### **IOP Social Support:**

The Social Support Group sessions help clients learn or relearn socialization skills. In addition, the Support group assists clients in learning how to re-socialize with clients who are further along in the program and in their recovery in a familiar, safe environment. This group also is beneficial to the experienced participants who often strengthen their own recovery by serving as role models and staying mindful of the basic tenets of abstinence.