



Intensive Outpatient Program

ACTS Intensive Outpatient Program (IOP) offers hope to individuals suffering from the overwhelming consequences of substance abuse. IOP addresses the emotional, psychological and physical well-being of the individual who is experiencing problems with substance abuse. Our treatment philosophy incorporates elements of relapse prevention, cognitive-behavioral therapy, psycho-educational and family approaches that are evidence based. The IOP Team focuses on building individual's self-esteem, dignity and self-worth that encourages self-discipline. Individuals receive information, assistance in structuring a substance-free lifestyle and support to achieve and maintain abstinence from drugs and alcohol.

Services Provided

- Intensive weekly therapy (3x per week)
- Assessment & Treatment Planning
- Group Counseling
- Individual Counseling
- Family/Concerned Persons/Support Group
- 12 Step and other Spiritual Group Involvement
- Life & Early Recovery Skills
- Anger Management
- Drug/Alcohol Screenings

IOP Financial Information

Insurance and Medicaid accepted. Sliding fee scale applied for those who qualify.

Intensive Outpatient Program Eligibility

- A safe place to live
- Transportation to and from treatment
- Overall medical and mental health condition can be managed at this level of care
- Does not present as a danger to self, or others
- No longer require inpatient detox and/or inpatient psychiatric care, but need more Intensive Outpatient Services
- Motivated to attend and capable of participating in all phases of treatment for 9 or more hours a week at a minimum of 3 to 6 months
- Family and/or other support systems
- Ability to abstain from the use of substances, except for the proper use of prescribed medication
- Exhibit adequate behavioral control, no aggressive or assaultive behavior

For More Information about ACTS Intensive Outpatient Program, call 813.246.4899 or visit www.actsfl.org.

What is an Intensive Outpatient Program?

ACTS Intensive Outpatient Program or IOP, consists of regularly scheduled sessions of structured addiction treatment and mental health counseling. Addiction and co-occurring mental health problems have varying levels of care available, to correspond to a gradual ability to navigate life without the desire for drugs and alcohol abuse. IOP can be a step-down level of care for individuals who have completed detox and residential treatment. Participants must attend 9 or more hours a week of treatment for a minimum of 3 to 6 months.



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