

NKHS IOP

The mission of the IOP at NKHS is to help people achieve sustained recovery by acquiring the skills to reduce relapses and increase sobriety through community-based services.

Our services align with the four major dimensions of recovery identified by The Substance Abuse and Mental Health Services Administration (SAMHSA):

Health: Overcoming or managing one's disease or symptoms and making informed, healthy choices that support physical and emotional well-being.

Home: Having a stable and safe place to live.

Purpose: Conduct meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.

Community: Having relationships and social networks that provide support, friendship, love, and hope.

Is IOP Right for Me?

- For people 18 years of age or older.
- The person has a substance abuse diagnosis.
- The person has serious challenges in any of the following areas:
 - Primary support
 - Social/interpersonal
 - Occupational/Educational
 - Maintaining a safe environment
- The person is interested in developing a support system to aid in their rehabilitation.

Contact NKHS

No referrals necessary

181 Crawford Road
Newport, VT 05855
(802) 334-6744

2225 Portland Street
St. Johnsbury, VT 05819
(802) 748-3181

NKHS.org



**Intensive Outpatient
Program Services**
For Substance Use Treatment



What is IOP?

An intensive outpatient program (IOP) is a higher level of care where people receive treatment at NKHS 3 days a week and for 3 hours on those days.

Services are community-based and occur at our locations in Derby, Vermont, or St. Johnsbury, Vermont.

IOP treatment allows individuals to continue to work and stay in their homes while participating in the rehab program. Some people use IOP after completing inpatient or residential treatment.

If standard outpatient treatment isn't enough to help an individual stay in recovery, IOP might be a better option.

IOP helps people understand relapse triggers and develop coping strategies to help them recognize the signs of relapse before they happen.

The program helps people learn from and build on prior recovery attempts. IOP treatment emphasizes increasing supports, connecting to community resources, and developing a strong recovery plan.

How it Works

Our program helps people recognize, then change old behaviors and beliefs, which may make it challenging to adopt new healthy attitudes.

Services are delivered in various formats, including individual, group, and family.

The goals of the NKHS IOP include helping people:

- Gain insight into the psychological and physical factors that trigger or sustain addictive behaviors so that they can address the impact on recovery.
- Identify, understand, and change unhealthy thoughts and beliefs.
- Reconnect to strengths and problem-solving skills and help them develop new ones.
- Heal damaged relationships with family and friends caused by addiction.



Incentives given to those who complete the program within a specific time frame.

Additional information provided at enrollment.

Treatment Practices

The Matrix Model: This approach helps people stay in recovery through several elements:

- Relapse Prevention
- Education
- Social Support
- Individual Counseling
- Urine and Breathalyzer Testing

Cognitive Behavioral Therapy: This structured approach helps people become more aware of how negative thoughts and self-talk shape decisions and behaviors.

Motivational Interviewing: This approach helps people learn the "language of change" and identify their readiness for change.

IOP Groups Meet

Monday 9:00 am – Noon

Wednesday 9:00 am – Noon

Friday 9:00 am – Noon