

## THE ROAD TO RECOVERY

Overcoming an addiction is not easy. It's a difficult and intense process. It is not a sign of weakness.

Most individuals need professional assistance and treatment to assist them with their long-term recovery from alcohol or drugs

The IOP program provides individuals with professional treatment without having to give up time on a job or leave the responsibilities of home.

IOP is an effective alternative to inpatient treatment.



## OTHER SERVICES AVAILABLE THROUGH NORTHEASTERN CENTER

- Medication Evaluation & Monitoring
- Individual Counseling
- Family/Conjoint Counseling
- Case Management
- Moral Reconciliation Therapy (MRT)
- Anger Management
- Individual/Group Skill Building
- Dialectical Behavioral Therapy
- Drug Screening
- Transportation (Evening Groups Only)

**Northeastern Center**  
**260-347-4400**  
**1930 East Dowling**  
**Kendallville, IN 46755**

[www.necmh.org](http://www.necmh.org)



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## INTENSIVE SUBSTANCE ABUSE SERVICES



## WHEN TO SEEK TREATMENT FOR SUBSTANCE ABUSE

It can be difficult to seek help when it comes to using alcohol or drugs.

If you or someone you know exhibits one or more of the signs listed below, consideration should be given to participating in Intensive Substance Abuse Services.

### **Some common signs indicating a person's alcohol or drug use is out of control:**

- When a person cannot put a stop to his addiction on his or her own.
- When a person needs to use alcohol or drugs throughout the day or because he or she cannot live without it.
- When a person has hurt themselves or others, or they are thinking about hurting themselves or others.
- When a person has been fired or lost time at work because of alcohol or drug use.
- When a person cannot perform the normal day-to-day tasks that they were able to do in the past.
- When problems associated with alcohol or drugs interfere with family members, friends, or an employee/co-worker.

***A free assessment by a qualified NEC staff can help determine if treatment is appropriate.***

## NORTHEASTERN CENTER'S INTENSIVE SUBSTANCE ABUSE SERVICES

Northeastern Center utilizes the Matrix Model that was developed in the 1980's. The Matrix Model has been extensively researched and is recognized by SAMHSA (The Substance Abuse & Mental Health Services Administration) as an evidence-based model of treatment for substance abuse.

The Matrix Model incorporates elements of cognitive-behavioral therapy, psycho-education, family approaches, 12-Step program support, and relapse prevention (Obert et al. 2000).



### **NORTHEASTERN CENTER'S INTENSIVE OUTPATIENT PROGRAM (IOP) PROVIDES:**

- An assessment by a licensed counselor to determine individual strengths, needs, preferences, and development of an individualized Recovery Plan.
- Recovery in a safe, supportive environment to explore and learn the following: The disease concept of addiction; the importance of a sober support system; persons, places, and things that trigger relapse; and effective ways of coping with life's problems.

## THE TWO PHASES OF IOP

***IOP is an intensive, outpatient program that is divided into two phases.***

### **Phase I - Intensive Treatment:**

The primary focus of Phase I is on teaching necessary skills for establishing and maintaining abstinence from alcohol and drugs. Other program components include family education, frequent drug screening, and participation in 12-Step/Self-Help groups.

Phase I of IOP consists of 16 weeks and meets for 2 hours, 3 times per week on Mondays, Wednesdays, and Thursdays. Phase I offers both morning and evening groups.

### **Phase II - Continuing Care:**

In Phase II, group members attend Social Support Group where they are assisted in learning or relearning necessary social skills that support recovery. Topics include patience, intimacy, isolation, rejection, work, friendship, guilt, etc.

Phase II consists of 32 weeks and meets for 2 hours, 1 time per week on Thursdays. Phase II offers both morning and evening groups.

**For more information  
Please contact:**

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