

Aurora Chemical Dependency Outpatient Services

Aurora Behavioral Health System's Outpatient Services offers a Chemical Dependency Intensive Outpatient Program, or IOP, designed to provide a concentrated, time-limited, comprehensive therapeutic environment for the treatment of substance abuse issues. The focus of our Chemical Dependency IOP program is to provide an encouraging environment, to promote healthy choices and to foster self-awareness that leads to positive behavior and a strong sense of recovery.



Who Is Appropriate for Treatment

The program is designed for individuals seeking and principles of recovery. It offers a much-needed intermediate level of care serving as a bridge between inpatient hospitalization and a traditional office outpatient setting. Aurora operates from the Disease Model of Addiction and research supports Group Treatment as one of the most effective treatment modalities to address Chemical Dependency. The group setting offers social support, encouragement, reinforcement of positive behavioral change and support for a new lifestyle free from addiction.

What To Expect

Our IOP treatment team develops a unique treatment plan specifically tailored to each patient affording everyone the opportunity to develop coping skills necessary to maintain recovery. Since we are hospital based, patients have access to a multidisciplinary team of experts that includes psychiatrists, psychologists, registered nurses, master's-leveled therapists and chemical dependency counselors.



Patients and their families are also encouraged to consider themselves part of the "treatment team." Each group meets three hours a day, three days a week, usually for an eight week period. However, the length of stay depends on a patient's unique treatment plan. And, a patient can enter the program at any time.

Treatment Focus

Addiction

- Physical aspects – disease concept
- Psychological aspects – thoughts, beliefs, perceptions
- Social aspects – shame cycle of addiction

Feelings & Emotions

- Identifying and expressing feelings
- Anger management skill building
- Stress management/reduction

Family Dynamics

- Functional vs. dysfunctional models
- Family roles
- Effects of alcoholism/addiction on the family

Relationships

- Codependency vs. counter dependency
- Boundaries and communication skills
- Building healthy relationships

Spirituality

- Developing spirituality/higher power
- Personalizing prayer and meditation
- Values and standards

Grief, Loss & Trauma Resolution

- Defining grief – life loss graph
- Honoring and expressing grief
- Grief resolution

Relapse Prevention

- Relapse as a process
- Signs and stages of relapse
- Post acute withdrawal

Maintaining Recovery

- Whole person model of development
- Personal recovery planning
- Long and short term goal setting and attainment

Chemical Dependency Intensive Outpatient Program Schedule

EAST

Afternoon Group

- Monday, Tuesday and Thursday
- 12:00 p.m. – 3:00 p.m.

Evening Group

- Monday, Tuesday and Thursday
- 5:30 p.m. – 8:30 p.m.

WEST

Afternoon Group

- Monday, Wednesday and Thursday
- 1:30 p.m. – 4:30 p.m.

Evening Group

- Monday, Tuesday and Thursday
- 6:00 p.m. – 9:00 p.m.

Please note that **group schedules are subject to change** and additional times may be available.
Please call to verify the days and times.

The program typically runs eight weeks. However, ***the time frame can vary depending on the patient's unique treatment plan.***



Each group is comprised of 15 patients max, ages 18 and up.

Complimentary transportation, snacks and coffee provided.

Where healing starts and the road to recovery begins...

Aurora East

6350 S. Maple Ave.
Tempe, AZ 85283

Aurora West

6015 W. Peoria Ave.
Glendale, AZ 85302

24/7 Patient Services Helpline

480.345.5420

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