

## **IOP STAFF**

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## **Location**

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County Treatment Office  
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**SUMNER COUNTY**

**IOP**

## What is the IOP?

The Intensive Outpatient Program (IOP) is a comprehensive treatment program that integrates group therapy, education, and relapse prevention into client-centered sessions that are geared towards helping people achieve long-term recovery from substance use or co-occurring disorders.

### Mission Statement

“Recovery Court of Sumner County Intensive Outpatient Program’s mission is to welcome individuals affected by substance use & co-occurring disorders to transform their lives. With care and compassion, we endeavor to help all who come through our doors realize that recovery is within their reach.”

## How long does it last?

- IOP treatment lasts for 30 sessions.
- Sessions are from 12:00 – 9:00 pm  
or  
6:00 – 9:00 pm  
Monday – Wednesday
- The average length of treatment is 10 weeks.

## What is the cost?

- Self-Pay cost is affordable & based on a sliding scale
- Limited funding is available for qualifying individuals

## CLIENT BENEFITS

- Gain an understanding of the disease of addiction.
- Learn to recognize & address triggers in a healthy manner.
- Process feelings, stress, & trauma.
- Develop new coping skills.
- Build a support system of peers in recovery.