

IOP STAFF

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Location

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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 – 3:00 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.