

HELP IS AVAILABLE.....

We accept self-referrals as well as referrals from health care providers and organizations.

REFERRALS

We accept self referrals as well as referrals from families, health care providers and organizations.

Referrals are accepted by phone, fax or email

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INTENSIVE OUTPATIENT PROGRAM



HUM

Health Upwardly Mobile Inc.

What is HUM's Intensive Outpatient Program (IOP)?

The HUM Intensive Outpatient Program (IOP) is comprised of an assessment and 3 phases spread out over a period of 3 months. It is designed to provide more intensive treatment for Addiction in a short-term, day treatment format, so that an individual does not have to be away from home/work for an extended period of time.



The intensive outpatient program specializes in the treatment of Addiction as a primary, chronic brain disease.

The emphasis is on tailoring treatment to the individual and recognizing that **Addiction is Addiction**.

Thus, HUM's IOP provides treatment for all substance dependence (alcohol and/or other drugs, including prescription) and problem behaviours (gambling, sex, food, relationships, internet, video games, etc.).

HUM's focus is on holistic recovery with a bio-psycho-social-spiritual perspective.



What to Expect from the IOP

All three phases of the IOP consist of daily education, skills training, group process therapy, yoga/meditation/relaxation, homework, debriefing, and recommended community meetings (e.g., 12 Step, SMART Recovery).

Phase One. Here individuals will be introduced to Addiction as a primary, chronic brain disease and holistic recovery and explore topics like: dealing with emotions and stress; self-esteem; self-talk; relapse prevention; shame, anger, and fear; communication; relationships in recovery; exercise and nutrition; money management; spirituality in recovery; and goal-setting. The second weekend of Phase One is the Family Program, where IOP participants and their families can learn about Addiction as a family disease and explore topics like: self-care; boundaries; relapse prevention; and communication.

Phase Two. Occurs approximately one month after completion of Phase 1 and is three days long. Phase Two explores the concepts of Addictive Thinking, Addiction is Addiction, relapse prevention and self-care in more depth.

Phase Three. Occurs approximately one month after completion of Phase 2 and is three days long. Phase Three explores shame, resiliency, vulnerability, personality typing, continuing care, and the lifelong components of the disease of Addiction.

Continuing Care is an important part of the recovery process and will be addressed at each Phase of the IOP. Continuing Care is individualized and tailored to each individual's needs. Often this plan will involve a combination of individual psychotherapy, group psychotherapy, and engagement with community resources, such as 12 Step meetings, along with other holistic recovery tools.

Who is Eligible for the IOP?

Anyone age 18 and up can refer themselves to the HUM IOP. Individuals who have struggled with abstinence; cannot afford or take time to go to residential treatment; would like to continue their ongoing recovery process; may not understand the severity of their problem; are motivated to change; and/or have not had significant negative consequences from their addiction would benefit from the IOP. Anyone interested in the IOP will need to complete HUM's comprehensive assessment process, which involves meetings with a nurse, psychologist/counsellor, and physician, to determine if the IOP would be appropriate for them. The IOP is also open to existing HUM clients.

What is the Cost of the Program?

For more details regarding the cost of the IOP, please contact our office or visit our website. The comprehensive assessment is included in the cost for all new clients. Existing HUM clients will receive a discount when they sign up for the IOP. The IOP cost includes all program materials and services offered during the three phases. It does not include lodging, meals, medication costs, urine drug screening or continuing care individual or group psychotherapy.

Individuals are welcome to engage in urine drug screening as well as individual and group psychotherapy at HUM as part of their continuing care. Sessions with a HUM physician are covered by Alberta Health Care. Sessions with a HUM psychologist and group psychotherapy may be covered through an individualized health plan. The HUM staff are happy to discuss these options with IOP participants at any time.