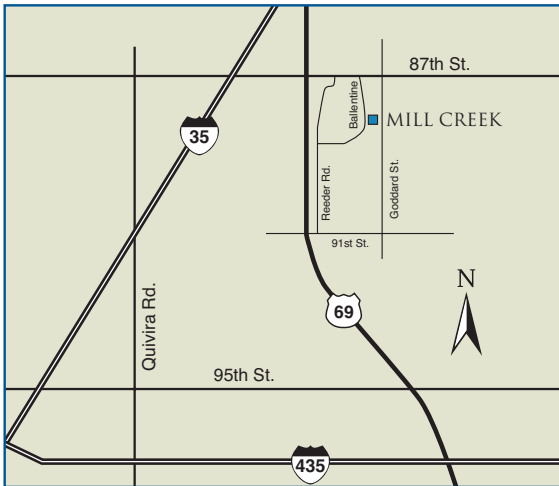


Chemical Dependency Intensive Outpatient Program



Changing Lives One Day at a Time.



MILL CREEK OUTPATIENT SERVICES

Research Psychiatric Center

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*We accept all major health insurance
plans in the Kansas City area.*



MILL CREEK OUTPATIENT SERVICES

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Chemical Dependency Intensive Outpatient Program



Mill Creek Outpatient Services is dedicated to providing a full range of quality services for individuals and families encountering life's problems including those of substance abuse. These modalities are the CD IOP for adults, family education groups, aftercare, individual therapy, family therapy, psychiatric evaluations and medication management.

The treatment philosophies of Mill Creek incorporates the belief that dependence on a mood altering substance is an illness that diminishes the quality of life and can ultimately, result in death, if not arrested. The treatment program addresses the whole person including the physical, psychological, social and spiritual dimensions. The IOP components include an orientation to the 12- Step self-help groups and working with other professionals in the community but functions primarily as a treatment program.

A flexible programming schedule generally accommodates most clients' time constraints of work and family. Monday night group is designated family night and clients are encouraged to bring family members to learn more about the disease process. In addition, family group emphasizes the family member's needs and is designed to be an educational and supportive environment. The additional group meetings are arranged during the daytime and evening to provide the greatest access for all clients.

SCHEDULE

Eight Weeks

DAY IOP

12-3PM

Monday

Wednesday

Thursday

EVENING IOP

6-9PM

Monday (family)

Wednesday

Friday

The program goals include:

- Educate client, family members, and significant others about the effects and potential consequences of substance abuse and addiction.
- Assist clients in recognizing the degree and scope of their substance abuse problem.
- Create an individualized treatment plan for each client.
- Assist clients in developing and maintaining the motivation needed to make lifestyle changes.
- Introduce the 12-Step self-help recovery program.
- Ongoing evaluation of client progress and compliance with program expectations.
- Provide ongoing support and aftercare for individuals who successfully complete the IOP.

The program group topics include:

- Understanding Addiction
- Biopsychosocial
- Move Forward or Fall Back
- Treatment Plans & Goals
- Family and Relationships
- Physical & Mental Health Issues in Recovery
- Cross Addictions
- Payoff and Therapy

