



**RHA**  
HEALTH SERVICES



## **Substance Abuse Intensive Outpatient Program**

Our Substance Abuse Intensive Outpatient Program (SAIOP) consists of structured individual, group and family therapy, case management support, substance use and addiction education, and relapse prevention planning.

We help program participants learn healthy coping skills and develop an individualized recovery plan.

Substance use treatment may also help people repair or improve relationships and build better social support networks, decrease mental health symptoms, enhance self-esteem, discover activities and hobbies of interest, and improve overall health.

**[rhahealthservices.org](http://rhahealthservices.org)**



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## **Who can SAIOP help?**

Individuals struggling with addiction to substances such as alcohol, cocaine, heroin, and opioids.

## **When is SAIOP offered?**

This program is offered on Monday, Wednesday and Friday for three hours a day. Most of our sites offer morning and evening groups to better meet the needs of the individuals we serve.

## **What does SAIOP include?**

SAIOP is a combination of group therapy, urine drug screens, education on the addictive process, and learning coping skills to help individuals learn to live without the use of mood-altering substances.



**To coordinate SAIOP services in  
[LOCATIONS/COUNTIES]  
please contact:**

**RHA Health Services  
[ADDRESS]  
[CITY], [ST] [ZIP\*\*]**

**Phone: XXX-XXX-XXXX  
Fax: XXX-XXX-XXXX**

**[rhahealthservices.org](http://rhahealthservices.org)**

