

RECOMMENDED NEXT STEPS - SAIOP

Substance Abuse Intensive Outpatient Program (SAIOP)

Overview

ABOUT SAIOP:

SAIOP helps people facing challenges with substance use by offering care that is focused on their needs and recovery. The program is designed to help you build a healthy, balanced life and feel stronger on your journey.

You'll work with a caring team of professionals who will support your goals and walk beside you as you work toward recovery. They believe in working together and empowering you to take charge of your progress.

SAIOP also looks at your overall well-being, not just substance use, by focusing on your emotional, physical, and social health.

The program includes individual, group, and family therapy sessions. It also provides case management and helps connect you to resources and support.

The team will work with you to create a recovery plan that fits your needs, using proven methods and a whole-health approach.

Many people who participate in SAIOP discover practical tools, build confidence, and strengthen their commitment to achieving lasting recovery and wellness.

HERE'S HOW SAIOP CAN HELP YOU:



Different types of therapy. You'll receive structured individual, group, and family therapy sessions to address all aspects of recovery. Your SAIOP commitment begins with **24 hours of abstinence**, and requires **3-hour sessions in-person, 3 days per week, for 90 days**.



Support coordinating your care. Case management helps you access all the services and resources you need during your recovery journey, including community recovery supports and 12-step meetings.



Education about substance use. Learning about what early recovery looks like and the physical and emotional changes you're experiencing can help you make sense of your journey and develop tools to manage challenges as you heal.



Planning to prevent relapse. You'll develop specific strategies to maintain your recovery and handle challenging situations.



Evidence-based treatment. SAIOP uses proven approaches that have helped many others achieve recovery.



Holistic, long-term care. The program addresses all aspects of your well-being, not just the substance use challenges, and focuses on lasting recovery.



Building hope for the future. The team encourages a positive mindset that helps you see possibilities in recovery.