

PROGRAM RESOURCES - CONTINUUM OF CARE

Resource recommendations for Intensive Outpatient Programs (IOP) and Co-occurring Capable (COC) Programs

The resource options below support the following types of programs:

- **IOP Substance Abuse and Relapse Prevention Programs**
- **Co-occurring Capable (COC) programs - also Dual Diagnosis Capable (DOC) programs**

Core IOP Substance Abuse and Relapse Prevention Programs	Support for ASAM level 2.1 (Core or basic substance abuse treatment) Supports 1-2 units a week (9-19 hours). This resource set includes 9 Units (90 program hours)	Key features: Comprehensive evidence-based substance abuse treatment resource. Built on CBT and risk factors management, and incorporates multiple Motivational Interviewing elements (MI) to support engagement in treatment and motivate progress through the stages of change. Recommended: ● Substance abuse: OPEN to Change Units A, B, C ● Relapse prevention: OPEN to Change Units D, E, F <i>Note: these units may be used in any order, thus providing flexibility and support for an open group/open admissions model. For more information:</i> https://newfreedomprograms.com/open/index.html ● Flexible aftercare and recovery issues resources (also support 9-10 sessions each): Units RFPF-24, RG-24, Issues in Recovery # 1
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Co-occurring Capable program (COC) or Dual Diagnosis Capable (DDC) <i>SUD and basic co-occurring mental health resources.</i> see also program models for ● CEC Programs (Co-occurring Enhanced) ● Partial Hospitalization Programs (PHP) ● High Intensity Outpatient Programs (HIOP)	Support for ASAM level 2.1 - with expanded resources which support integrated basic or core treatment for both substance abuse and mental health co-occurring conditions. Supports 1-2 units a week (9-19 hours). This resource set includes 18 Units (up to 180 program hours)	Key features: Comprehensive evidence-based substance abuse treatment resource. Built on CBT, DBT (with emotion regulation and distress tolerance skills practice), and risk factors management,. Also provides multiple Motivational Interviewing elements (MI) to support engagement in treatment and motivate progress through the stages of change. Recommended resources: <i>Note: these units may be used in any order. Each Unit supports 9-10 hours (sessions of treatment programming).</i> ● Substance abuse: OPEN to Change SUD Units A, B, C ● Basic co-occurring: conditions: Bridge A, B, C <i>Note: the above six (6) units are specifically shaped to address substance abuse and basic mental health issues as a co-occurring (dual diagnosis) resource.</i> ● Relapse prevention: OPEN to Change Units D, E, F ● Behavioral health key conditions or issues - 10-session Units: Anxiety, Depression, Trauma, Anger <i>For more information on the above see:</i> https://www.newfreedomprograms.com/bhdd.php ● Treatment Adherence/Medication Compliance, Bridge Unit D (supports MAT) ● Basic Anger Management Unit : MAV-10 ● Flexible aftercare and recovery issues resources (also support 9-10 sessions each): RFPF-24 , RG-24, Issues in Recovery# 1 <i>Note: Many of the above resources are also available in Spanish.</i>
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