

PROGRAM RESOURCES - CONTINUUM OF CARE

Resource recommendations for Intensive Outpatient Programs (IOP) and Co-occurring Enhanced (CEC) Programs

The resource options below support the following types of programs:

- **Co-occurring Enhanced (COE) programs** - *and Dual Diagnosis Enhanced (DDE) programs*
- **Co-occurring Enhanced (CEC or DDE) with Withdrawal Management (WM)** (CEC-WM model)
- **High Intensity Outpatient Programs (HIOP)**

These options provide for different; levels of intensity, duration (dosage) and program populations.

These resources specifically support CEC-WM programs which are highly intensive outpatient, addressing serious co-occurring conditions and target clients who are in need for significant remissions monitoring and support following treatment - including addressing significant risk for post-acute withdrawal risk (PAWS).

IOP: Co-occurring Enhanced (CEC or DDE) with Withdrawal Management (WM)	ASAM 2.7 EOP-with WM relapse prevention, remission monitoring and long-term withdrawal management support addresses Post-Acute Withdrawal Symptoms and risk (PAWS)	These resources have been developed from our evidence-based core IOP programs and have been expanded and enhanced (2025-2026) to address both substance abuse and the co-occurring conditions with increased emphasis on symptoms identification and management. The new and additional resources provide multiple opportunities to address key triggers and symptoms through use of DBT emotion regulation strategies and distress tolerance skills in dozens of interactive and practical problem solving scenarios and situations. Specifically, these resources address the significant risk of relapse or remission following post-acute withdrawal. As such, they target Post Acute Withdrawal Symptoms (PAWS) identification and management throughout, integrating symptoms recognition with multiple opportunities to practice and master self-management against their highest - and evolving - risks. The full resource set (20 Units - 200+ sessions) is structured to provide support across the Continuum of Care, ranging from immediate post-detox in a hospital setting through residential treatment options and then into Intensive Outpatient Programs (IOPs) and even into Extended Outpatient Programs (EOPs). Programs addressing specific levels of treatment can select from this set of resources to address the needs of their population, and have the treatment planning and delivery structure and the documentation of achieved behaviorally-stated objectives and treatment progress for concurrent and retrospective Utilization Reviews.
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		The twenty Units (200+ sessions) are shaped around the following four (4) major topics: (see linked elements at www.insightandoutlook.com for more description and Tables of Contents). ● Change for Life (C4L) 50 sessions - the foundation for substance abuse, co-occurring, and withdrawal management treatment (MI and CBT-based). ● Managing Symptoms and Triggers (MST) CBT, DBT, MI, and withdrawal management - 50 sessions. ● Handling Difficult Feelings (HDF) 50 sessions, addressing key feeling/diagnoses, and symptoms - DBT, CBT and withdrawal management. ● Relapse Prevention - (50 sessions). Several of these units can also serve as flexible aftercare and recovery issues resources (these units support 9-10 session each). Additional resources include: ● Bridge Unit D - Treatment Adherence/Medication Compliance (supports MAT) ● Basic Anger Management Unit: MAV-10
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