

Intensive Outpatient Program (IOP)

The Intensive Outpatient Program (IOP) at Old Pueblo Community Services provides housing and services to improve overall wellness of our patients managing and/or reducing addiction symptoms, while moving towards a better understanding of underlying integrated conditions that encourage the development or exacerbation of addiction symptoms. Clients participate in the program for a period of up to 90 days as clinically necessary.



Opening doors to
housing and recovery

About Us

Old Pueblo Community Services has been meeting the needs of our community since 1996. Our mission is to end homelessness in Pima County. We provide housing, counseling, and support services to 3,000 people a year including families, youth, veterans, and individuals living with severe mental illness and addictions.

Philosophy

Our program philosophy is based on our belief in each person's inherent ability to improve his or her own wellness. We are committed to providing the best quality services. As a result, we ensure fidelity to evidenced-based practices through our core services and motivational interviewing.

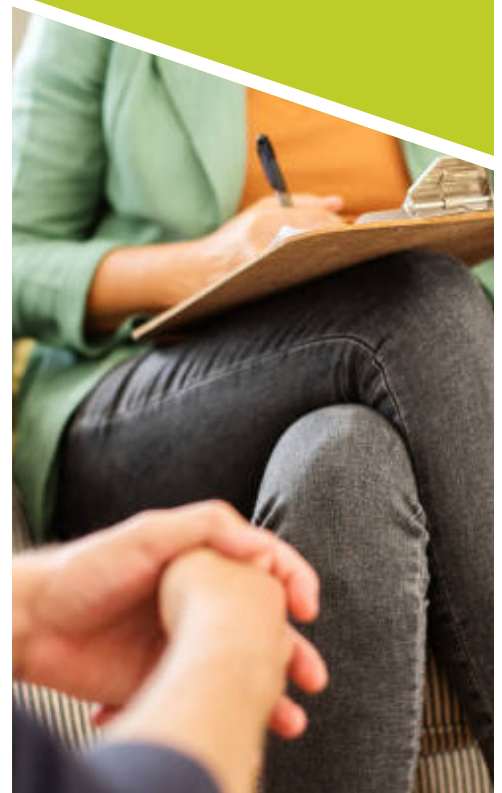
Core Services

- Individual Therapy
- Group Counseling
- Peer Support
- Individual Case Management
- Life Skills
- Employment Coaching

Participants will meet with their case manager, employment specialist, and therapist for a minimum of 8-9.5 hours per week.

Program Expectations

Clients are expected to actively participate in treatment, attend scheduled sessions consistently and on time, follow program guidelines, communicate appropriately with staff and peers, create a recovery plan, and demonstrate a willingness to work toward identified treatment goals.



Weekly IOP Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 12:00 pm Seeking Safety	9:00 am - 12:00 pm Mood, Mind, & Behavior	9:00 am - 12:00 pm Living in Balance	9:00 am - 12:00 pm SMART/Recovery Group	9:00 am - 12:00 pm Make-up Group
4:30 pm - 7:30 pm ACT & Recovery Rocks	4:30 pm - 7:30 pm Living in Balance	4:30 pm - 7:30 pm Anger Management & SMART	4:30 pm - 7:30 pm Living in Balance	4:30 pm - 7:30 pm House Meeting

Clients are expected to participate in at least three group sessions each week. Clients are also expected to meet weekly with their assigned therapist and with their case manager. Transportation will be provided. **Please be ready by 8:15 AM for morning groups and 3:45 PM for evening groups.**



Entry Criteria

Individuals are admitted based on clinical review, which includes a comprehensive assessment and based on the individual's presenting issues and unique treatment needs. OPCS staff also utilize ASAM Placement Criteria to ensure that each client is admitted to the appropriate level of care.

Any individual who requests treatment but does not meet the admission requirements is referred to the appropriate community-based provider that provides the level of care that meets the individual's needs.

All participants must have active AHCCCS insurance coverage to participate in services. All participants receive supportive services at no charge, with cost covered by Medicaid.

Community Referral Sources

Individuals participating in the Intensive Outpatient Program are referred through community partners such as probation or parole agencies, Health Home providers, or substance use treatment providers (including rehabilitation and detoxification programs). Individuals may also be referred internally within OPCS.

Contact

To contact the IOP team, reach out to IOPServices@helptucson.org

Learn more about the program by visiting our website, helptucson.org/IOP or scan this QR code

