

# About IOP

Mount Rogers' Substance Use Intensive Outpatient Program is designed to support those with a primary diagnoses of substance use disorders and co-occurring mental health issues such as depression and anxiety. Outpatient services allow individuals to continue work, attend school, and/or manage other daily responsibilities while benefiting from a highly structured and intensive treatment experience. Our desire is to provide treatment interventions needed, in a respectful, welcoming environment.

Some examples of our daily skills, training topics, and strategies are:

- Identifying triggers and managing cravings
- Drug refusal skills
- Assertive communication skills
- Distress tolerance
- Emotional regulation
- Psychoeducation
- Grounding techniques
- Stress management
- Understanding 12 Step components
- Healthy boundaries
- Impulse control
- Self-care
- Relapse prevention
- Codependency issues
- Acu-detox
- Yoga
- Progressive muscle relaxation
- Guided imagery
- Music
- Art

# Goals of IOP

The ultimate goal is to assist individuals in successfully completing steps toward a better quality of life.

IOP does this through assisting in developing cognitive, emotional, and behavioral coping skills to employ in individuals' daily lives while having a supportive environment in which they can process these changes.

Through therapeutic process groups, an understanding of relapse warning signs is developed, and a strong relapse prevention plan is established. This ultimately leads patients down the path of long-term recovery

# IOP Schedule

The program consists of three-hour group sessions three times per week for 16 weeks. Morning and Evening sessions are offered to provide intensive treatment with the least amount of disruption to the individual's work, school, or family schedule.

## Wythe/Bland:

**Morning:** M/W/Th 10:30 a.m. - 1:30 p.m.

**Evening:** Tu/W/Th 3:00 p.m. - 6:00 p.m.

**Makeup:** F 10:30 a.m. - 1:30 p.m.

## Smyth:

**Morning:** M/W/F 9:00 a.m. - 12:00 p.m.

**Evening:** M/W/F 1:00 p.m. - 4:00 p.m.

## Carroll/Grayson/Galax:

**Regular Schedule:** W 1:00 p.m. - 4:00 p.m.

F/Sa 9:00 a.m. - 12:00 p.m.

**Makeup:** M 1:00 p.m. - 4:00 p.m.



# What is the Intensive Outpatient Program (IOP)?

Mount Rogers Community Services' Substance Use Intensive Outpatient Program (IOP) provides comprehensive treatment for individuals with substance use disorders.

Our program serves as a primary treatment for someone who is striving to develop sobriety or a step-down to maintain sobriety following completion of an inpatient or residential program.

We also provide a stepdown program from IOP to less intensive one-day weekly outpatient programs. MRCS also offers relapse prevention services upon discharge from treatment.

Intensive Outpatient Programs are offered across the Mount Rogers service area. Programs are available in Wytheville for Wythe and Bland Counties, in Galax for Carroll and Grayson Counties as well as the City of Galax, and in Marion for Smyth County.



## Contact Information

### Wythe-Bland Community Counseling Center

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### Lisa H. Moore (Smyth) Counseling Center

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### Fernwood (Carroll, Grayson, Galax) Counseling Center

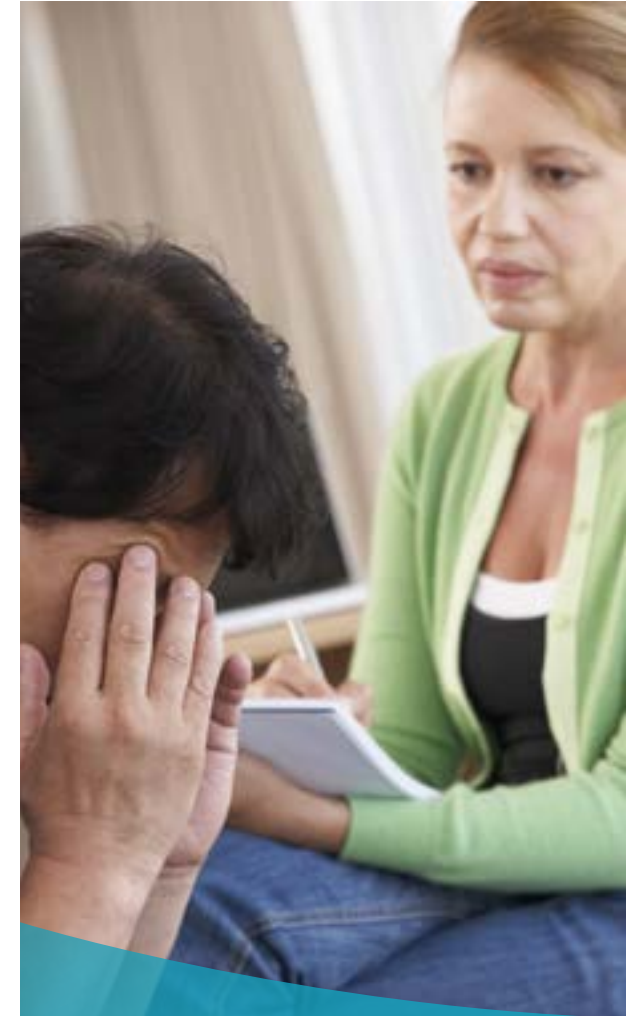
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Visit us online at:  
[mountrogers.org](http://mountrogers.org)



# Mount Rogers COMMUNITY SERVICES



Substance Use  
Intensive Outpatient  
Program