

# IOP



Our Intensive Outpatient Program is a client centered substance abuse program, treating men and women ages 18 and older. We provide a comfortable, compassionate, and nurturing atmosphere, which allows clients to participate fully in their recovery .



## *Our Mission...*

To promote hope, health and recovery among all people by creating an environment that is safe and free from the harmful effects of substance abuse and addiction.

Center for Prevention & Counseling

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[www.centerforprevention.org](http://www.centerforprevention.org)

**Donate**

We gratefully accept donations!  
Credit cards are accepted and a donation form can be accessed at [www.centerforprevention.org](http://www.centerforprevention.org).

We TRULY appreciate your support!

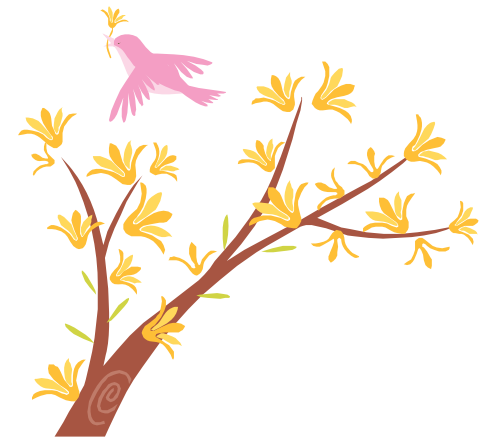
*A 501(c)(3) non-profit agency  
Member of United Way of Sussex County  
NJ Prevention Network Member*



# Intensive Outpatient Program

## (IOP)

*Licensed by the New Jersey Division of  
Addiction Services*



*"For over 30 years dedicated to building  
healthy communities...one person at a time."*

# **INTENSIVE OUTPATIENT PROGRAM**

## **A PROGRAM OF THE CENTER FOR PREVENTION & COUNSELING**

### **Our Philosophy**

The Center for Prevention and Counseling (CFPC) believes that helping people who are addicts and alcoholics regain their dignity is our mission- our sole purpose is to heal. CFPC integrates the science of addiction medicine, the art of therapy, and the comfort of spirituality into a program of unique, dignified treatment. We combine education, compassion, love, spiritual support and treatment to help clients and their families recover from the devastating affects of addiction.

### **12 Step Involvement**

Our program is based on the 12 step philosophy of recovery with meetings and step work throughout treatment, and attendance of AA meetings viewed as an integral part of a client's aftercare program.

### **Program**

Our clients are provided a comfortable, compassionate, and nurturing atmosphere that allows them to actually participate in their own recovery process. Length of participation is variable and based on the client's progress in treatment. A number of methods are used to guide clients on the road to recovery.

- Individualized treatment plans
- Psycho-educational sessions
- Individual and group counseling sessions
- Family education and counseling for loved ones addressing the impact of addiction on the family unit.

### **Family Program**

Addiction is a family disease. At the Center for Prevention & Counseling, we encourage family involvement. We believe that families play a major role in the success of the client and can also contribute to the client's overall well-being. Whenever possible, family members are invited to our weekly family night on Tuesday evenings from 6:00-9:00PM. During this time, they learn about how the disease of addiction and co-dependency can affect their lives.

### **Aftercare**

Aftercare is an extremely important facet of treatment. Upon completion of the primary treatment component, an individualized aftercare plan is designed for the client based on their specific needs.