

Intensive Outpatient Program for Alcohol and Drugs

Maintain Your Routine with Outpatient Treatment

Are you struggling with an alcohol or drug problem that is impacting your life, your family or your job? Bellwood's Intensive Outpatient Program for Alcohol and Drugs is a multi-phased, year-long, comprehensive and structured program. It provides group counselling, relapse prevention, education and support that will help you begin your journey of recovery.

Flexible Treatment

The Intensive Outpatient Program is designed for individuals where personal and work obligations make it difficult to take an extended period off to engage in treatment. The outpatient option allows you to work on your recovery while keeping your day to day commitments. While this type of program is suitable for some people, others may need the structure of a residential program. Bellwood's Assessment Counsellors are here to help you discuss your needs and options.

Quality Care and Innovative Program Design

This specialized treatment program is built on Bellwood's comprehensive 3-Phased treatment model and evidence-based treatment recommendations.

Phase 1 – Assessment (1 to 2 Hours)

An in-depth assessment to identify your needs, motivators, support options and treatment recommendations.

Phase 2 – Intensive Treatment (9 Weeks)

Nine weeks of intensive outpatient treatment programming consisting of two evening three-hour sessions per week and one weekly in-house Peer-Support/12-Step meeting. Phase 2 program components include:

- Group process and counselling
- Psycho education on the disease of addiction and recovery
- Relapse prevention and cognitive behavioural therapy
- Peer-Support/12-Step programming and meetings
- Recovery assignments and practice tasks (to be completed between sessions)
- Aftercare planning
- Substance use monitoring

Phase 3 – Continuing Care (12-Months)

A year-long support program, including:

- Personal recovery counsellor
- Weekly evening aftercare groups
- Crisis support sessions
- 8 weeks of relapse prevention sessions (if required)
- Weekly support emails
- 24/7 emergency helpline

Confidentiality

Be assured that at Bellwood, confidentiality is always strictly maintained.

- **Minimum age:** 19

- **Program Duration:**

Intensive Outpatient Program: 9 weeks

Continuing Care Program: 1 Year

- **Times & Dates:**

Tuesdays and Thursdays, 6:00 pm - 9:00 pm (*Intensive Outpatient Program*)

**Call today to learn how we can help
416-495-0926 or 1-800-387-6198**

**For more information please call or visit
416-495-0926 or 1-800-387-6198
www.bellwood.ca**