



ADMINISTRATIVE OFFICE OF PROBATION

## ***Service Interpretive Guidelines*** **Substance Use Intensive Outpatient Counseling (IOP)**

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### **SERVICE DEFINITION:**

Based on a recommendation from a Substance Use Assessment/Evaluation, Substance Use Intensive Outpatient Counseling (IOP) provides group and individual, non-residential, intensive, structured interventions focusing on substance-related and co-occurring mental health problems. Services are goal-oriented interactions with the individual or in group/family sessions. This community-based service allows the individual to apply skills in the “real world” environments.

### **EXPECTATIONS / REQUIREMENTS:**

- Shall only be referred with a valid evaluation recommending IOP
- This service is for clients whose substance use symptoms can be managed in the community
- A minimum of nine (9) hours per week, including a weekly individual counseling session
- The probation/problem-solving court staff member will communicate with the IOP counselor to assist in developing an individualized treatment plan for the client
- The probation/problem-solving court staff member will communicate regularly with the IOP counselor for updates on progress with treatment plan goals
- The probation/problem-solving court staff member will verify with the IOP counselor that progress is being made; if progress is not being made, the counselor shall provide information on changes to the treatment plan that will increase progress
- The probation/problem-solving court staff member shall ensure the client understands the treatment plan
- The probation/problem-solving court staff member will work with the client to ensure the goals of IOP are being met

Discharge planning will begin at the initiation of services. The written discharge plan will include:

- Transition to any higher or lower levels of care based on clinical need
- Community support services and other relevant resources for the client
- Consultation with community agencies on behalf of, or in conjunction with, the client