

INTENSIVE OUTPATIENT PROGRAM

Our Intensive Outpatient Program (IOP) is designed for individuals with a substance use disorder (drugs and/or alcohol) who need more than simply a weekly outpatient counseling or twelve-step recovery program, but less than residential treatment. It is perfect for those who may need more intensive treatment but want to remain in their home to care for children and/or maintain jobs.

The program provides monitoring several times per week in a supportive group setting. Participants may attend from three to twelve weeks depending on need and insurance. Our intake staff and clinicians work closely with insurance payers to obtain the best options for each participant.

CONTACT



502-370-7229



GEORGETOWN

1236 Paris Pike

*Open Monday - Friday by appointment

LEXINGTON

At Blue Waters Assessment & Testing office

409 W New Circle

*By appointment only



crossroadscounselingky.com

WE ACCEPT INSURANCE:

Anthem | Anthem Medicaid | Aetna | Aetna Medicaid
| Wellcare Medicaid | Tricare Baptist Health | United
Healthcare | Caresource Marketplace | Humana
Commercial Humana Medicaid | Cigna

*We accept cash, check, credit cards and
also health savings accounts.*



CROSSROADS
counseling

INTENSIVE OUTPATIENT PROGRAM



WHO CAN BENEFIT FROM IOP?

This level of care is appropriate for those with mild to moderate co-occurring mental health issues requiring monitoring and stabilization, those who are experiencing high stress circumstances that make it more difficult to cope with urges and cravings to use, and those who have not been able to stabilize their substance use in a traditional outpatient setting. Chronic relapsing is typically a key indication.



This is a structured program requiring a commitment to regular attendance and active participation. We work with each participant to craft an individualized treatment plan that fits the individuals' needs and preferences, and helps to safely transition them into outpatient counseling. We understand that every person has particular needs, issues, and struggles. We are sensitive to diverse personalities, communication styles, readiness to change and personal preferences.

Our staff are highly experienced in treatment and recovery concepts, and our licensed therapists have expertise in both mental health and substance use disorders.

View our schedule online:
www.corsroadsounselingky.com

PROGRAM STRUCTURE

Clients attend groups three times each week and individual counseling weekly and as needed. In addition to the benefit of highly experienced and capable counselors and facilitators, evidence-based treatments are provided, including: Cognitive Behavioral Therapy, Mindfulness-based Relapse Prevention, and Dialectical Behavioral Therapy to assist in arresting the disease process and move clients forward to healing and recovery.

