

## PROGRAM CONTENT

- ▶ Addiction Information
- ▶ Support systems
- ▶ Family Dynamics
- ▶ Individual Dynamics
- ▶ Self Care
- ▶ Relapse prevention

Family/Guardian night is an opportunity for participants to work on education about addiction, communication, and developing support systems. Family night is held every two weeks.

## AIOP PROGRAM RULES

Mazzitti & Sullivan understands that a successful program requires a solid structure that is clearly explained and understood at the start of the program. **AIOP** community rules are also in place to provide security to all involved. A sample of the rules are:

- ▶ No unexcused absences
- ▶ No cell phones, lighters, cigarettes, etc.
- ▶ No hoods, hats, or caps
- ▶ Weekly, random urine screenings

Random urine screenings are a means of allowing for program integrity.

Successful completion of treatment requires maintaining abstinence. Ongoing positive urine drug screenings may indicate the need for a higher level of care.

## PAYMENT

Mazzitti and Sullivan Counseling Services, Inc. is contracted with many health insurance plans and with Dauphin County Department of Drug and Alcohol Services to provide these services.

**Questions regarding payment for the Adolescent Intensive Outpatient Program, can be directed to our Billing Department at 717-901-5652, Extension 13.**



**MAZZITTI  
&  
SULLIVAN**  
COUNSELING SERVICES, INC.

## About Mazzitti and Sullivan Counseling Services, Inc.

Mazzitti and Sullivan Counseling Services, Inc. has been a leader in the behavioral health field since 1983.

We are licensed by the Pennsylvania Department of Health.

For more information, visit our web site at [mazzittiandsullivan.com](http://mazzittiandsullivan.com).

## Adolescent Intensive Outpatient Program

### FOR SUBSTANCE ABUSE



**MAZZITTI  
&  
SULLIVAN**  
COUNSELING SERVICES, INC.

*Effective treatment  
to break free from the  
dangerous cycles  
of addiction*

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## MISSION STATEMENT

The **Adolescent Intensive Outpatient Program (AIOP)** mission is to deliver the substance abuse rehabilitation therapy equivalent to existing residential treatment models for young people between the ages of thirteen to eighteen (13-18) years of age. The goal of the **AIOP** is to interrupt the addiction/abusive cycle and prevent the progression of addiction by incorporating abstinence, education, family and or guardian support, community support and therapeutic intervention.

While in the program, work is done to help young people remain in their environment and re-establish constructive relationships with their family, community, and educational environment.

## AIOP PROGRAM DESCRIPTION

The **AIOP** program from Mazzitti & Sullivan Counseling Services, Inc. integrates the following key therapeutic models:

- ▶ Cognitive behavioral therapy
- ▶ Motivational interviewing
- ▶ Community networking/Family group conferences
- ▶ Individual/Family therapy

**Our treatment team, which includes experienced licensed therapists and a board certified child/adolescent psychiatrist who is also board certified in addictive medicine, evaluates each young person for the appropriate level of care. The evaluation process consists of the following components:**

- ▶ Psycho-social interview of client
- ▶ Collateral interview of family, probation officers, physician, etc.
- ▶ Utilization of American Society of Addictive Medicine Placement criteria for adolescents
- ▶ Staffing with treatment team for determining level of care

If a young person is determined, by the treatment team, to be appropriate for the **AIOP**, the therapist will meet with the client and family to clearly explain the requirements for a successful and measurable treatment experience.

**Those requirements are:**

- ▶ Abstinence (regular, random drug screens)
- ▶ Prompt attendance
- ▶ 12 step attendance
- ▶ Individual/Family involvement
- ▶ Behavior in group

Treatment buy-in is what Mazzitti & Sullivan Counseling Services, Inc. is looking for. Treatment staff provides a combination of information and persuasion to insure that a potential client and his or her family understand what is expected while participating in the **AIOP**. It is important at this evaluation point that the therapist clearly explains these requirements.

## AIOP TREATMENT DESCRIPTION

The **Adolescent Intensive Outpatient Program** consists of three levels of care, with each level having varying lengths of stay. Clients will move through Level One and Level Two based upon their achievement of specific treatment goals. The program meets in the evenings from 6:00 p.m. to 8:30 p.m.

### ▶ Level One:

Meets three times per week, 2.5 hours per group. Length of stay: 3-5 weeks.

### ▶ Level Two:

Clients will attend AIOP twice per week, 2.5 hours per group. Length of stay: 2-4 weeks.

### ▶ Level Three:

Ongoing continuing care group meets weekly for 1.5 hours. Length of stay: up to 12 weeks.

**Individual and family sessions are scheduled weekly or as needed.**