

"Joining IOP will give you a sense of community. You will meet people who are also in recovery and be given the opportunity to share stories in the presence of others who understand and who are passionate and knowledgeable. IOP provides you tools to continue your pathway to recovery."

-Cristina Rivera,
MiraVista's Director
of Outpatient Services,
Substance Use Disorders



How Long is the IOP program?

The support sessions of IOP follow a four-week curriculum and are presented Monday through Friday from 9:30am to 1:00pm by Masters Level Clinical Social Workers in person and through telehealth.

What is an Intensive Outpatient Program?

MiraVista's Intensive Outpatient Program (IOP) is a program that provides intensive support for an individual to continue on their path of recovery. It is designed to broaden an understanding of addiction; develop skills to manage the disease and start building goals; and to provide a safe place to ask questions, discuss and share personal experiences.

Our hope is that within this environment, individuals will find the tools they need to sustain their recovery.

IOP is for individuals who do not need detoxification and who are motivated to manage their substance use and change behavior. Through person-driven programming, clinicians work with each client to assist them with building an individualized recovery plan that reflects both long and short term goals, fosters

independence, builds community engagement, develops inner strength, resiliency and the perseverance needed to achieve wellness.

Prior to starting, clients will meet individually with a master's level clinician who will complete an intake. The intake will determine the appropriate level of care.

A snack is provided to participants at every meeting

"It's very encouraging and positive. IOP makes you see your addiction from someone else's perspective. It puts me in a positive mood when I see I can help others. When I express to them that life will always be better if you stay clean of your addiction."

-Nelly Lopez

How is the program structured?

The curriculum begins with a foundation to provide mindfulness and awareness around addiction. Its sessions address emotions and feelings around use, impact on relationships, the importance of harm reduction and connection to supports in recovery. Time is allowed for clinical interventions.

Do participants need to be in the early stages of recovery?

No, we have individuals in our program who have been in recovery from one day to many months. We understand that you may feel you need more support and structure throughout your recovery journey.



To reach a
MIRAVISTA
Intake Coordinator

please call

413.701.2600
press option 3

or visit

miravistabhc.care/get-care

Bilingual Services Provided



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 **MIRAVISTA**

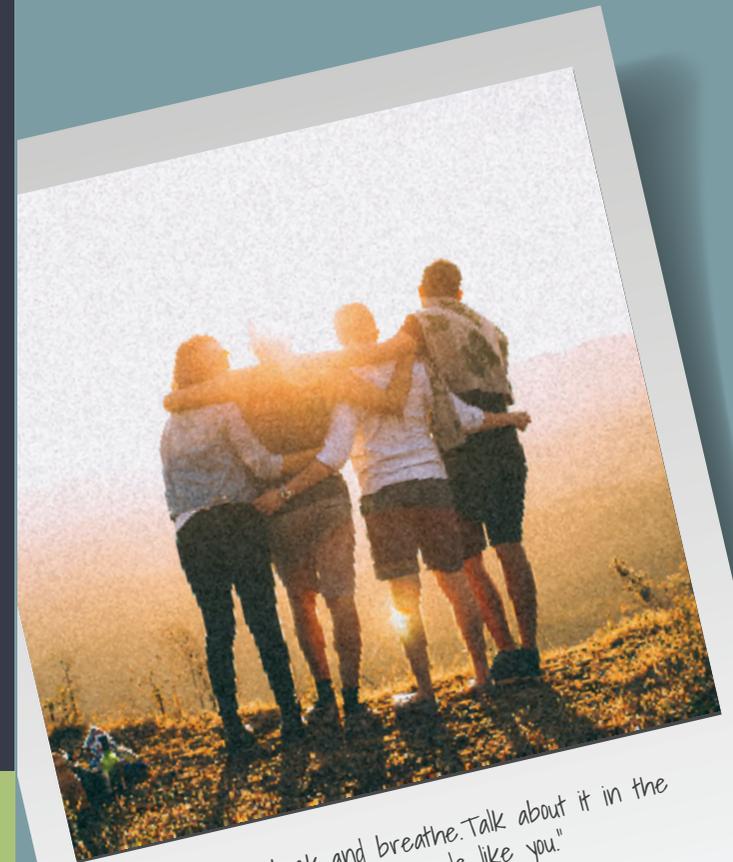
1233 Main Street
Holyoke, MA 01040

www.miravistabhc.care



MIRAVISTA
BEHAVIORAL HEALTH CENTER

Your Partner **in** Recovery



"Take a step back and breathe. Talk about it in the
10P group with people like you."
-D.S.

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