



Intensive Outpatient Program

ABOUT THE PROGRAM

The Intensive Outpatient Program (IOP) at Nebraska Medicine is now available to provide support to those suffering from addictions and behavioral health disorders. This program helps support the needs of individuals with co-occurring disorders who require more support than weekly or monthly outpatient services provide but do not require detoxification or other inpatient treatment.

The IOP uses evidence-based interventions that include individual and group therapy, as well as medication management as needed. We assist patients in finding the strength and skills to achieve sobriety.

The primary goal of the Intensive Outpatient Program is to nurture personal growth by helping individuals experience lifestyle changes with the aid of a multidisciplinary team to include a board-certified addictions psychiatrist, a registered nurse and licensed therapists.



John Franzen, MD
Medical Director

Our team empowers individuals to experience life without substance use, and to understand and manage mental health symptoms and other problems that may adversely influence recovery.

Refer a patient:

402.552.6007

NebraskaMed.com/IOP



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TREATMENT APPROACH

The IOP is appropriate for patients for whom traditional outpatient care is not sufficient to address substance use and psychiatric difficulties. Patients may be referred by outpatient providers, including primary care, behavioral health and substance disorder providers, as well as emergency departments. The IOP may also be used as a stepdown from detox, hospital, residential or partial hospital levels of care.

The Intensive Outpatient Program serves male and female patients ages 19 and older. Adults admitted into the program have both a substance use and mental health disorder.

CURRICULUM

Our intensive outpatient treatment program supports comprehensive, evidence-based, integrated treatment. We provide best practice individual and group treatment services to meet the needs of our patients.

The IOP is a six-week program for patients who do not need inpatient detoxification or other inpatient treatment. There are both morning (9 a.m. to noon) and afternoon (1 to 4 p.m.) sessions, allowing patients to remain at home and maintain a regular work or school schedule while engaging in comprehensive treatment for their co-occurring disorders. An aftercare group is also available bi-monthly for patients who have successfully completed the program.

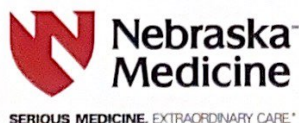
Treatment addresses coping skills, healthy thinking, managing emotions, curbing destructive impulses, communication, interpersonal effectiveness, mindfulness, values exploration, medication use and relapse prevention.

WHO SHOULD BE REFERRED TO THE INTENSIVE OUTPATIENT PROGRAM

- Patients (19 years and older) with **active** substance use disorder (SUD) **and** co-occurring behavioral health symptoms
- Chemical dependency (CD) evaluation is not necessary for referral
- Both provider referral and self referral accepted

HOW TO REFER A PATIENT

- Discuss treatment goals with your patient to identify if IOP would be an appropriate fit
- If so, instruct patient to personally call 402.552.2071 to schedule an intake appointment with one of our therapists
- Programs seeking to step down patients may call the IOP directly
- Providers can also place an electronic order for "Ambulatory Referral to Addiction Services" in OneChart



CLINIC LOCATION

Intensive Outpatient Program
Clarkson Doctors Building South
4239 Farnam St.
Suite 701
Omaha, NE

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