

# Partial & IOP Substance Abuse/Co-occurring Services

Our Partial Hospitalization and Intensive Outpatient Programs are highly structured short-term intensive treatment services that represent an important part of the continuum of care. These levels of care either continue the evaluation and stabilization process initiated on an inpatient unit, or function as a diversion from hospitalization. The PHP and IOP programs are each “co-occurring ready” and have curricula that allow for an individualized treatment approach.

- **LIFESKILLS** - Clients are assigned to Lifeskills based upon the need for a more intense level of case management services as indicated during the assessment phase. The format is Day Treatment only, five days per week, four-six hours per day.
- **ADULT PROGRAM** - Clients assigned to the Adult Program have diagnoses similar to those in Lifeskills, but have less intense case management needs and shorter lengths of stay. The format is Day or Evening Treatment and almost exclusively IOP level of care. The Day Program operates five days per week, four-six hours per day in order to assure adequate clinical time with clients.
- **YOUNG ADULTS** - The Young Adult Program (“YAP”) is a specialty track created in order to more effectively treat clients ages 18-26. This track allows for age-appropriate service delivery and has increased the rate of successful program completion for this age cohort. The Format is Day Treatment only, five days per week, four-six hours per day.

Treatment for clients with co-occurring psychiatric disorders also focuses on medication management and monitoring, coping skills, and understanding the relationship between addiction and psychiatric illnesses.

*Admission and discharge transportation is available.*



**STONINGTON INSTITUTE**

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## GROUP TOPICS

### LIFESKILLS PROGRAM

- Feelings Management
- Sober Living
- Family Dynamics
- Physiological effects
- Step Group
- Stress Management
- Relapse Prevention
- Relationships
- Mental Health
- Anger Management

### ADULT PROGRAM

- Stages of Change
- Definition of Addiction
- Physiological Effects of Alcohol and Drugs
- Expressions of Concern
- Costs/Benefits of Using
- Healthy Relationships
- Managing Triggers
- Problem Solving
- Stress Management
- Effective Communication
- Thought Management
- New Ways to Live
- Sober Fun

- Working a Recovery Plan
- Taking Your Power Back
- Detaching from Emotional Pain

### YOUNG ADULTS

- Self-Help 101
- Young at Art
- Physiological Affects
- Health and Wellness
- Relationships
- Steps Work!
- Issues in Early Recovery
- Anger Management
- Relapse Prevention
- Stress Management
- Social Supports
- Men's Group
- Feeling+/Coping
- Mental Health
- Women's Group
- Sober Living

- Music and Movement
- Seeking Safety
- Mind Body and Soul
- Multi-family group



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