

Intensive Outpatient Treatment (IOT)

Location- Clinic

Client- Parent or Youth

Payer- DCS/MCO/MRO

Summary:

Intensive Outpatient Treatment (IOT) is regularly scheduled sessions, within a structured program, that are at least three (3) consecutive hours per day at least three (3) days per week.

This service is referred as a result of a Substance Use Disorder Assessment recommendation or when a client is stepping down from a residential treatment program and IOT is recommended in the discharge plan. When Substance Use Treatment is referred a referral to Redwood Toxicology is automatically generated in KidTraks. The Redwood referral is linked to the Substance Use Treatment referral to cover twelve (12) drug screens provided during treatment.

Services may be provided for clients of all ages with a substance related disorder and with minimal manageable medical conditions, minimal withdrawal risk, or emotional, behavioral cognitive conditions that will not prevent the client from benefiting from this level of care. A variety of scientifically based approaches to substance use recovery exists. Recovery prescribed for all clients must be evidenced based. Substance use recovery can include behavioral therapy (such as counseling, cognitive therapy, or psychotherapy), medications, education on addiction, skills training or their combination.

Effective recovery attends to multiple needs of the individual, not just his or her substance use. To be effective, recovery must address the individual's substance use and any associated medical, social, psychological, vocational, and legal problems.