



# **Stroudsburg Outpatient Treatment Center**

# **Available Services**

#### **Drug & Alcohol Walk-In Assessments**

Our convenient drug and alcohol walk-in assessments enable individuals to receive a level of care assessment without an appointment.

### Intensive Outpatient Program (IOP)

Our IOP offers 2 tracks that follow our evidence-based Matrix Model of group structures and topics. Though length of stay varies based on clinical progress, clients typically attend 3 groups per week, each 3 hours in length and up to 2 individual sessions per month for up to 8 weeks.

#### **General Outpatient Program (GOP)**

Our GOP offers 2 tracks that includes one 3 hour group per week and two 1 hour individual sessions per month for up to 8 weeks as determined by clinical progress.

#### **Outpatient Mental Health Counseling**

We offer client centered individual and family counseling with treatment frequency determined by clinical need. This service is available for clients ages 12 and up. Clients have access to a psychiatrist and ongoing medication management as needed throughout participation in the program. Clients must attend 2 sessions prior to each psychiatric appointment.

#### Adolescent General Outpatient Program

Our Adolescent GOP consists of bi-weekly individual sessions in addition to a weekly group once per week for 3 hours. Average length of stay at this level is 8 weeks, depending on treatment progress including attendance, participation, and maintained sobriety.

# **Adult Partial Program**

This program consists of weekly individual sessions in addition to a group component that takes place five times per week. The average length of stay at this level varies by individual client need depending on treatment progress including attendance, participation, and ongoing medication management as needed during their participation in the program.

# **Medication Assisted Treatment (MAT)**

Individuals enrolled in our drug and alcohol treatment programs can receive Medication Assisted Treatment with Vivitrol<sup>®</sup>, Suboxone<sup>®</sup>, or Sublocade<sup>®</sup> in conjunction with their treatment services in one convenient location. These services are appropriate for people who are addicted to alcohol, heroin, or other opiates. Individuals enrolled in this service also attend a MAT Maintenance group once per month.

#### **Recovery Support Services (RSS)**

In our RSS program, clients in early recovery collaborate with individuals who have successfully overcome substance use disorders. These certified peer supports serve as recovery coaches, resource brokers, confidants, advocates and role models. RSS foster a sense of independence while helping clients to avoid relapse and achieve recovery.

#### **Accepted Methods of Payment**

- » Most private insurance
- Medical assistance
- » Self payment
- » Placement funding
- » County funding

#### Accessible via public transportation



**Stroudsburg Outpatient Treatment Center** 1619 N. 9th Street, Suite 14 Stroudsburg, PA 18360