

# Intensive Outpatient Program (IOP) Logic Model (lesson-based open group model)

## PROGRAM MODEL

Structured and monitored substance abuse and optional dual diagnosis and/or behavioral health intervention based on CBT, MI, DBT, social learning, and risk factors management will develop motivation, understanding, insight, new skills, expanded protective factors and confidence in maintaining recovery.

### Targets:

- Substance Abuse
- Relapse Prevention
- Self Management of Triggers, Symptoms, and Internal Risk Factors – effective new skills
- Self Management of Triggers and External Risk Factors – effective new skills
- Self-Discovery (vulnerabilities, shame, assets, strengths)
- Goal Setting (values)

### Resources:

core lessons, session openers, activities and problem solving, skills elements, worksheets, summary elements, pre-contemplation resources, issue-specific resources, 1:1 resources, homework, MI Toolkits.

### Assessments:

Competency checklists, MI rulers and similar elements included in curriculum, pre/post assessment, PCA Change talk tool (compatible with URICA), Multiple Situational Confidence Questionnaires (SCQs).

## THEORY

Administer selected Pre/Post Assessment (option)

### STAGES OF CHANGE MODEL

#### Pre-Contemplation (1:1 as needed)

- Activities – *MI techniques, group contact, and program resources* to engage participants, enhance motivation, and explore key values and goals

#### Contemplation

- Activities – *MI, DBT, and CBT techniques, group contact, and program resources* to assess current behaviors and thinking, identify key risk factors, and increase self-awareness and emotional recognition (symptoms/feelings, triggers, stressors)

#### Preparation/Determination (increased participation/engagement, understanding and insight)

- Activities – *MI, DBT, and CBT, group process, and program resources* to identify priorities and action plan for change that addresses key internal and external risk factors, identify protective factors, and provide initial exposure/practice of new skills

#### Action (guidance to actively pursue new skills; address significant issues and feelings)

- Activities – *CBT, DBT, and social learning/relapse prevention, group process, program resources* to practice new skills, actively change negative behavioral patterns, address issues and techniques for building self-efficacy and assess situational confidence for recovery

#### Aftercare (Maintenance)

- Maintain recovery through implementation and reinforcement of relapse prevention plans
- Prepare, review, and revise detailed relapse prevention plans; implement proactively
- Develop action plans that deal with internal and external highest risk factors, and link to protective factors

## STRATEGIES/ACTIVITIES

Can be shaped to specific program areas . . .

#### Pre-contemplation resource

Tailored to the program and population – and adaptable to address individual needs.

#### Major program resource (substance abuse):

##### Open to Change:

- From 3 to 6 ten-session core resource units address key internal and external risk factors, as well as selected issues underlying substance use/abuse. Up to 60 sessions.
- Tailored to this program and population.

#### Major program resource (behavioral health and dual diagnosis):

##### The Bridge

- Up to six 10-session core behavioral health, dual diagnosis, and stress management units. Up to 60 sessions available.
- Tailored to this program and population.

#### Complementary resources:

- Specific behavioral health issues (anxiety, depression, anger, trauma, abuse/victimization, relationships, etc.).
- Units are shaped to fit the 10-session model.
- Gender-specific resources
- For 1:1 or small group use
- Tailored to this program and population.

#### Each 10-session unit includes:

- 1-2 lessons targeting pre-contemplation. Specific to the issue or topic for that unit
- 6-7 lessons focusing on core concepts and skills (primarily contemplation stage)
- multiple problem solving opportunities, role plays, skills practice, and activities
- 2 lessons on preparation/ determination, further skills development, action planning
- Summary elements providing documentation of progress and achievement of behaviorally-stated objectives.

## INTERMEDIATE OUTCOMES

#### Program:

- Practice in specific coping skills for relapse prevention
- Practice in avoidance of key external risk factors (environmental controls)
- Practice in problem solving/self-regulation skills
- Practice of skills for dealing with internal high risk factors: thoughts, feelings, and symptoms
- Practice in goal setting skills and action planning to enhance protective factors

#### Participants:

Demonstrated mastery of the above skills:

- Coping skills for relapse prevention
- Avoidance of key external risk factors
- Problem solving/self-regulation CBT/DBT skills
- Skills for dealing with internal high risk factors
- Goal setting skills (concrete action planning for recovery)

Self-evaluation of motivation on included MI tools and assessments reflect positive change

Participants complete - and follow - their action plans.

Behaviors in the program environment reflect positive self-management and change

#### Clinical staff:

- Staff assessments of motivation reflects similar positive change
- Staff assessments of competency checklists and SCQs (behaviorally-stated objectives) reflect positive changes in understanding, insight, skills mastery, and completion of program expectations.

## FINAL OUTCOMES

- Demonstration of increase in strengths/ assets/ resiliency factors targeted by program
- Decreased prevalence and incidence of post-program substance use (self-report)
- Decreased prevalence and incidence of post-program substance use/abuse (documented)
- Active participation in planned post-IOP treatment/ counseling/support groups activities – or extended programming