

Outpatient Treatment

What to expect :



- ▶ For individuals in need of **community-based substance use disorder treatment**
- ▶ As a step down from more intensive services
- ▶ **Addresses issues** that have the potential to undermine recovery
- ▶ Emphasizes skills needed for **independence and healthful living**
- ▶ Continued recovery education and **relapse prevention** skills
- ▶ Discharge **planning and continued care**, self-help groups and community-based recovery resources

Locations:

- ▶ Bethlehem, Berlin, Center Conway & Woodsville, NH



North Country
HEALTH CONSORTIUM

For an appointment call the
Outpatient Coordinator at:

603-707-5072 | NCHCNH.org

Intensive Outpatient Program



What to expect :

- ▶ 12 week program- 36 session, group therapy **focused on substance use disorder treatment**
- ▶ Group sessions held **3 times a week**
- ▶ Evidence-based curriculum focused on relapse prevention
- ▶ **Person-centered treatment** approaches where goals are developed individually with clinician
- ▶ Access to Community Health Worker/ Recovery Coaches
- ▶ Access to **individual therapy**
- ▶ Open enrollment to provide **quick intake process**

Locations: call for days & times

- ▶ Bethlehem, NH: 3 days/week
- ▶ Berlin, NH: 3 days/week



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