

## *On-Going Support*

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Upon the successful completion of the IOP, you will be enrolled in the Harford County Health Department Level I outpatient program. This step-down level of care is provided as part of a comprehensive IOP program by the same staff and in the same facility. The goal is to maximize outpatient programming to help you develop an on-going ,self-directed recovery program and support

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## *Payment*

Sliding Fee scale based on your “family’s” ability to pay. We accept PAC, MA, Medicaid.

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## *Hours of Operation*

Monday-Thursday  
8:00 a.m.-7:15 p.m.

Friday  
8:00 a.m-5:00p.m

Contact  
Tel: 410-877-2340  
Fax: 410-638-4954

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**Public Health**  
Prevent. Promote. Protect.  
**Harford County  
Health Department**

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*120 South Hays St.  
Bel Air, Maryland 21014*

*Intensive Outpatient  
Program for Substance  
Abuse (IOP)*



Harford County  
Health Department

*“Healthy People in a Healthy Environment”*

**Division of Addiction Services**

410-838-1500  
[www.harfordcountyhealth.com](http://www.harfordcountyhealth.com)

## *The IOP Program*

Reaching out for help to deal with addiction is a difficult step.

The staff at the Harford County Health Department provide supportive professional service that will help achieve your individual goals in your recovery process.



We are committed to help you rebuild your personal life through sobriety while you live at home and participate in IOP.

## *Services*

1. You will be scheduled for an assessment to determine if you are eligible for the program and if the program matches your needs in recovery.
2. After admission you will be assigned a date and time to begin IOP group sessions. Groups are held 3 days per week for 3 hours per session. This phase is 2-4 weeks.
3. Individual sessions are held weekly or bi-weekly as needed to address individual issues. (Psychiatric appointments are scheduled as needed).

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All potential IOP clients must voluntarily enter this program with a written commitment to follow program guidelines.

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## *You Will Receive*

Our goal in the IOP is to provide you with tools to successfully navigate the stages of recovery. This is achieved through a combination of education and therapy.

### **Core areas of learning are:**

- Understanding your addiction
- Creating a plan of self care; physically and emotionally
- Establishing a plan to maintain sobriety

### **The atmosphere provided to you:**

Safe	Confidential
Goal- Oriented	Organized
Educating	Encouraging
Supportive	

Our complete support system is a model of treatment to help you learn about the disease of addiction, make a self-diagnosis, learn how to use community support in your recovery, and take personal responsibility for your addiction.