



# Intensive Outpatient Program (IOP)

## Our IOP Treatment Services

SeaView's Intensive Outpatient Program offers a comprehensive approach to clients with a substance use disorder, emphasizing overall health and wellness. Our therapeutic program is designed to improve functionality in all dimensions of your life. You'll learn about essential early recovery concepts, skill-building, addiction and recovery education, relapse prevention, mental health care, mindfulness practices, and family engagement.

## Who We Serve

SeaView's Intensive Outpatient Program is designed for adults who need a higher level of care than a non-intensive outpatient program can provide, but whose substance use disorder does not require daily clinical support. This program is also designed for those who are transitioning from a higher level of care and moving into full independent living.

If you are in need of detoxification prior to beginning treatment, we will refer you to a detox facility. Going through withdrawal can be uncomfortable and at times unsafe without medical support. After detox, you will be ready to engage in treatment with a clear head and clean system.

## What to Expect from our Program

Services are provided at SeaView's Outpatient Center in downtown Seward, Alaska. The Intensive Outpatient Program runs three days per week, Tuesday, Wednesday, and Thursday, from 6:00pm – 9:00pm. Clients are also scheduled for one individual therapy session per week and psychiatry appointments as clinically indicated. Treatment services run for 12 weeks and led by well-trained addiction professionals.

Treatment services may include:

- Psychiatric evaluation and monitoring
- Medication Management including Medication Assisted Treatment (MAT)
- Psychotherapy - Individual, Family, & Group
- Case management
- Psychoeducation groups
- Random Alcohol and other Drug Monitoring
- Nutrition/wellness activities

Group therapy is the main component of our intensive outpatient programs. This type of treatment will allow you to improve your communication, learn how to socialize without drugs or alcohol, support others, and experience structure and discipline.

## We are here, when you need us.

To explore care options, call 907.224.5257  
or visit us at [seaviewseward.org](http://seaviewseward.org)

