

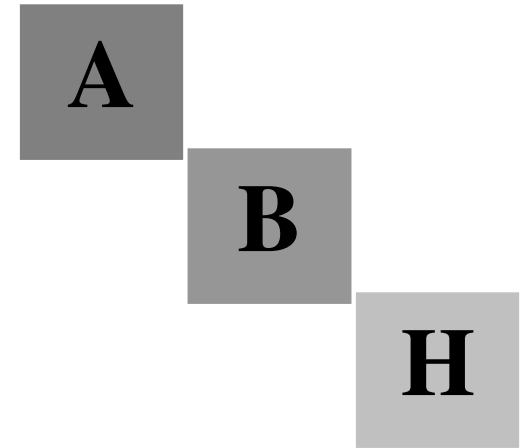
STEPDOWN IOP SERVICES

The Stepdown IOP Program meets all the same standards as the other IOP programs, yet it is specifically tailored to meet the aftercare needs of youth who transition from higher levels of care (i.e. treatment group home or residential placement) or youth who are currently in structured care.

Program specialization includes:

- Shorter IOP program focused on maintenance of learned skills and utilization of skills in community settings.
- Treatment focused on relapse prevention and community reintegration.
- Smaller group size (10 to 12 youth)
- Groups and activities aimed at youth with more highly developed skill level.
- More case management and individualized attention.
- Independent living skill development.
- Referral to other community services as necessary.
- Continued psychiatric monitoring or medication monitoring established at higher level of care.

**5843 North 90th Street
Omaha, NE 68134
Phone: (402) 573-5801
Fax: (402) 573-1496**



Intensive Outpatient

Stepdown Intensive Outpatient Services

**8610 Brentwood Drive
La Vista, NE 68128
(402) 331-3232
Fax (402) 331-1557**

**5847 North 90th Street
Omaha, NE 68134
(402) 571-7148
Fax (402) 571-7289**

**5843 North 90th Street
Omaha, NE 68134
(402) 573-5801
Fax (402) 573-1496**

**Drug & Alcohol Evaluations call
the closest office or Group Home at
573-5111**

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WELCOME TO ABH ADDICTION & BEHAVIORAL HEALTH SERVICES, INC. ABH IS COMMITTED TO WORKING WITH THE ADOLESCENT POPULATION TO PROVIDE QUALITY STRENGTH-BASED SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES. OUR STAFF IS AVAILABLE TO SERVE NOT ONLY OUR ADOLESCENT CLIENTELE, BUT TO FOSTER AN OPEN AND RESPECTFUL RELATIONSHIP WITH FAMILY AND OTHER COMMUNITY PROFESSIONALS.

ABH INTENSIVE OUTPATIENT PROGRAM (IOP)

ABH's Intensive Outpatient Programs are where youth meet for counseling, education, relapse prevention skill development and life skills training three to five days a week, three hours a day. The ABH programs are dual diagnosis and work on both the behavioral issues as well as the mental health and substance abuse issues exhibited by adolescents. In addition to individual and group counseling, all youth work on individualized treatment plans. ABH strongly encourages and supports family participation through individual family sessions, education and case management.

ABH prides itself on providing confidential and quality treatment. Confidentiality is of the utmost importance and ABH requires high standards to be met by all staff working in its facility. Also, staff working with ABH meet all licensing and educational requirements and are encouraged to pursue ongoing education through school, workshop and in-house trainings.

ABH's experienced and dedicated staff are skilled in working not only with family and youth, but also other important professionals in a youth's life. As part of the holistic treatment regimen, ABH staff will work closely with probation officers, parole officers, judges, caseworkers, teachers and other professionals invested in the youth's well being. In addition, ABH utilizes the most recent research in recovery treatment in working with the adolescent population, providing not only quality treatment, but also motivating individuals through the recovery process. ABH also utilizes the 12-step model of recovery in their IOP programs. The ABH IOP Programs also offer psychological services, nursing services, random 7 panel drug screens and dietary services as needed, as well as psychiatric evaluations and medication monitoring on site.

The ABH IOP programs work with adolescents, ages 13–18. The IOP programs were developed as a means of keeping youth in their community. The programs are most often utilized for youth who are having trouble sustaining in the community without structure or youth who have completed a higher level of care and need preventative services to move back to their community. Participation in the program usually requires a 3 to 5 month commitment. During that time, ABH works on helping the youth reach or maintain sobriety and social stability, as well as better overall relations with their peers, family, school and society. ABH takes great care to assure that all staff attend to and respect the needs of cultural, socioeconomic and personal differences in the population they serve.

Currently, Medicaid, Magellan Managed Care, County Funds, State Ward Medical, some private insurance, including Blue Cross/Blue Shield plans, and private pay are accepted as payment for this level of care. Many ABH therapists are registered substance abuse providers for evaluations and treatment for the Offices of Probation and Parole.