



# PROGRAMS



## ACCREDITED BY THE JOINT COMMISSION

The Joint Commission, an independent, not-for-profit organization accredits over 20,000 healthcare facilities in the U.S. Joint Commission accreditation is recognized nationwide as a symbol of quality. The Joint Commission accredits Lionrock's online programs.

## SUD Abstinence

Group & Individual Sessions, Toxicology Screen

### Intensive Outpatient

10 Hrs Therapy Weekly

### Continuing Recovery

1 Hr Therapy Weekly

### Outpatient

4 Hrs Therapy Weekly

### Abstinence-Based Support Groups

Ongoing

## Non-Abstinence Based

Group & Individual Sessions

### Medication Assisted Treatment

### Alternative Support Groups

### Moderation Management

### Family Support

# INTENSIVE OUTPATIENT PROGRAM (IOP)



## WHEN

Morning, daytime, evening and weekend groups available

(IOP has weekly group & individual sessions)

## COST

Private insurance accepted, affordable private pay and financing options available.

## BENEFITS

- Fully online program via secure video conference from the privacy of home
- Group and individual sessions with a licensed counselor
- Peer support and education



## ABOUT

Lionrock Recovery's Intensive Outpatient Program focuses on helping individuals rebuild and navigate life while learning the tools to establish lasting, long-term recovery.

All clients meet with their counselors to do an assessment, and have individualized treatment plans that are updated throughout the course of treatment. Lionrock's therapists are top-licensed clinicians specializing in substance abuse disorders and dual-diagnosis. Many of our therapists have additional areas of specialty such as PTSD/trauma, grief and behavioral care.

## FORMAT

- 40 Treatment Hours Per Month
- Individualized Treatment Plans
- Three 3-Hour Group Sessions Weekly
- Weekly individual therapy sessions
- Group, Individual, Education, and Family sessions



86% of clients who complete Lionrock's IOP Program report being sober 2 years later

**FOR ADDITIONAL INFORMATION AND TO GET STARTED:**

**800.258.6550**

*Lionrock is accredited by the Joint Commission and has more than 10 years experience providing excellent care.*



[www.lionrockrecovery.com](http://www.lionrockrecovery.com)

# OUTPATIENT PROGRAM (OP)



## WHEN

Morning, daytime,  
evening and weekend  
groups available

(OP has weekly group &  
individual sessions)

## COST

Private insurance accepted,  
affordable private pay and  
financing options available.

## BENEFITS

- Fully online program via secure video conference from the privacy of home
- Group and individual sessions with a licensed counselor
- Peer support and education



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## ABOUT

Lionrock Recovery's Outpatient Program is our step-down program that clients typically move to following IOP. At times, clients may begin their treatment in this step-down level of care.

All clients meet with their counselors to do an assessment, and have individualized treatment plans that are updated throughout the course of treatment. Lionrock's therapists are top-licensed clinicians specializing in substance abuse disorders and dual-diagnosis. Many of our therapists have additional areas of specialty such as PTSD/trauma, grief and behavioral care.

## FORMAT

- 16 Treatment Hours Per Month
- Individualized Treatment Plans
- Two 90-Minute Group Sessions Weekly
- Weekly individual therapy sessions
- Group, Individual, Education, and Family sessions

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# CONTINUING RECOVERY PROGRAM



## WHEN

Morning, daytime, evening and weekend groups available

## COST

Most insurance is accepted as well as private, cash-pay options.

## BENEFITS

- Personal engagement with other sober individuals
- Group and break-out discussions with your peers
- Based online from the privacy of home



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## ABOUT

Lionrock Recovery's Continuing Recovery Program is designed to reinforce newly learned skills and expand sober mindsets to promote growth, success, and longevity in recovery.

## FORMAT

The Continuing Recovery Program is an online, group format via secure video conference.

Each week, a professionally licensed counselor will bring new topics that are educational, challenging, and exciting.

## ELIGIBILITY

All clients who have completed the 5-phase Lionrock program and are maintaining sobriety are eligible for the program along with clients who present to Lionrock with a period of sobriety and are looking for additional support.

*Clients are eligible if they have completed most of the LR program. Approval to be determined by the client's Lionrock treatment team.*

## INDIVIDUAL COUNSELING

Individual counseling sessions are provided based on client needs.



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# FAMILY MATTERS PROGRAM



## WHEN

Weekly family support groups and weekly individual sessions

## COST

Lionrock accepts most private insurance and can arrange payment plans for those without insurance

## BENEFITS

- Fully online program via secure video conference from the privacy of home
- Learn proper coping skills with a licensed counselor
- Group and individual sessions
- Establish a self-care routine



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## ABOUT

Addiction is a FAMILY disease. The chaos, confusion, and loss ripples through to every person who loves someone with an addiction.

The goal of the Family Matters group is to educate family and close friends on concepts related to addiction and recovery using the evidence based program called CRAFT (Community Reinforcement and Family Training).

## FORMAT

Throughout the program, a person can learn to support positive behaviors, set and maintain appropriate boundaries, communicate effectively, recognize and deal with relapse and most importantly, begin to take care of one's self in the midst of difficult and challenging times.

### Session Outline:

1. Addiction 101
2. Awareness, Acceptance, and Happiness
3. Self Care and Limits
4. Positive Communication
5. Reinforcement
6. In Case of Relapse



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# FAMILY MATTERS PROGRAM



## SESSION DESCRIPTIONS:

### **1. Addiction 101.**

Clients will learn about the physical changes that occur when someone becomes addicted. Clients will be able to answer “why won’t they just stop?” and how this knowledge can help them manage their own disappointment and frustration.

### **2. Awareness, Acceptance, and Happiness.**

Many family members have lived too long in the “crisis” of addiction. However, addiction is chronic, not acute, and living this way takes its toll. Family members will assess for themselves what living in crisis has cost them and how to begin taking care of themselves.

### **3. Self Care and Limits.**

Addiction easily becomes the focal point of a family’s life. Self care is one of the first things to sacrifice when living with addiction. Family members will identify the benefits and the necessity of increasing self care as well as beginning to honor their limits (boundaries).

### **4. Positive Communication.**

It is likely that communication with your addicted loved one has been tense, uncomfortable, and negative. Family members will learn how to communicate more effectively with their loved one and begin to increase positive interactions with each other.

### **5. Reinforcement.**

An evidence based strategy that will teach family members how they can support their loved one’s recovery and increase the likelihood of them continuing those positive changes.

### **6. In Case of Relapse.**

What’s an effective response? Family Members will learn how to respond to relapses that can decrease the chaos and emotional turmoil that is often experienced when a relapse occurs.

# FINDING BALANCE PROGRAM



## WHEN

Group available in afternoons and evenings

(Finding Balance Program has one weekly group & one weekly individual session)

## COST

\$940 per month (cost may be split into weekly or bi-weekly payments). Our programs are accepted by most insurance companies

## BENEFITS

- Fully online program via secure video conference from the privacy of home
- Set weekly goals with a licensed counselor
- Group and individual sessions
- Learn coping skills



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## ABOUT

The Finding Balance Program is a moderation management program for qualified candidates. It is a basic level of treatment for individuals designed to help them explore whether their use of substances could potentially be a problem that might need to be addressed in some way.

Often times depression, anxiety, and feelings of unmanageability can contribute to substance use becoming a coping tool. It's important to have the tools to assess your relationship with substances as they can actually be contributing to these feelings.

## FORMAT

The Finding Balance Program provides the tools to enable individuals to successfully make an honest self-assessment of their substance use utilizing education and homework.

The program consists of:

- A full assessment by a counselor at the beginning of the program
- One 90-minute therapy group per week
- One individual session per week



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