



Helpful Links/Resources:

www.drugabuse.gov

www.samhsa.gov

www.ddap.pa.gov

www.councilsepa.org

www.magellanoftpa.com

<http://www.buckscounty.org/LivingAndWorking/drugandalcoholcommission>

www.aa.org

www.na.org

Recovery is Possible!

You CAN Recover!

Recovery is a Process!

Recovery involves the family system!



Aldie Treatment Offers:

- Individual and Group Therapy (OP/IOP)
- Medication Assisted Treatment (MAT)
- Trauma-Informed Therapy
- Gambling
- Family Therapy
- Tobacco Treatment
- MRT

Please call 215-642-3230 to start your road to recovery.

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Langhorne, PA 19047

215.642.3230 Office
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Programming made possible by funds designated by Bucks County Drug and Alcohol Association and Magellan Behavioral Health.



Intensive Outpatient Program (IOP)

Group topics include:

- Stages of Change
- Strengthening family relationships
- Trauma education
- 12 Steps and journaling
- Relapse prevention
- Coping skills
- Healthy lifestyles
- Meditation
- Mindfulness
- Art therapy
- Medication Assisted Treatment (MAT)



Intensive Outpatient Programming

IOP consists of four- two hour time blocks plus once weekly individual sessions for a total of 9 hours per week. Families will be integrated throughout the treatment process.

The group will cover a variety of topics and will last 16 weeks. Once individuals complete the 16 week time period, they will be clinically evaluated for next steps.

Depending on the individual's progress, they may be continued for another cycle of IOP or stepped down to one of the two tiers of general outpatient (Tier 1 = 6 and Tier 2 = 3 hours of group per week plus one individual).

Aldie's individualized treatment focus will make sure every individual receives the treatment that he/she needs to recover from the disease of addiction.



Group Schedule

11am-1pm

Monday, Tuesday, Thursday and Friday

Family Group 1st and 3rd Thursday
6:00pm-7:30pm

IOP Group Descriptions

Monday- **Developing Recovery**-11am-1pm

This is a two hour process group that will identify the individual's Stage of Change and use Motivation Interviewing to increase motivation to change. The group will process general topics for recovery including ways to deal with everyday life stressors using DBT, Mindfulness and Meditation.

Tuesday-**12 Steps** -11am-12pm

This is a one hour group that will introduce the 12 Step model and allow individuals to express themselves in various ways.

Tuesday-**Learning to Change** -12pm-1pm

This is a one hour group based on Learning theory and the Learning to Change Model, which will help identify addictive thinking and reduce recidivism.

Thursday-**Art Therapy**-11am-1pm

This is a two hour art group that requires NO artistic ability and allows individuals to express themselves using art through different mediums.



IOP Group Descriptions

Friday-**Relapse Prevention**-11am-12pm

This is a one hour group that will focus on identifying relapse triggers, developing relapse prevention plans and educating the individual on issues of sleep, mental health, trauma, etc. as they pertain to relapse triggers.

Friday-**Coping Skills**-12pm-1pm

This is a one hour group that will focus on developing healthy alternatives to using. The group will introduce mindfulness, wellness, healthy lifestyles, and utilizing exercise to cope with life's stressors.

Individual Therapy

Individual therapy is a very important part of treatment when working with individuals who have addiction to substances. It provides a safe space to process personal issues related to mental health, family of origin, trauma, etc. and thus is a required part of the IOP program. Families will be included in the individual therapy sessions to strengthen family support, when appropriate.