

The Matrix Model - What it is

It's a proven effective, evidence-based treatment program.

The Matrix Model is a comprehensive, multi-format program that covers six key clinical areas

- Individual/conjoint therapy
- Early recovery
- Relapse prevention
- Family education
- Social support
- Drug testing

It's an integrated therapeutic model incorporating

- Cognitive behavioral
- Motivational enhancement
- Couples and family therapy
- Individual supportive/expressive psychotherapy and psychoeducation
- Twelve Step facilitation
- Group therapy and social support

It's a federally recognized model

- Center for Substance Abuse Treatment (CSAT)
- National Institute on Drug Abuse (NIDA)
- Office of National Drug Control Policy and Department of Justice (National Synthetic Drugs Action Plan)
- Drug Strategies
- Under review by the National Registry of Effective Programs and Practices (SAMHSA)



Intensive Outpatient Program (IOP)

**You don't have to put your
life on pause to get better.**

LifeWorks Intensive Outpatient Program

St. Peter's Lutheran Church

Intensive Outpatient Treatment is an effective way to learn to live a life free of addiction or dependence on alcohol, drugs, and prescription medication.





What is IOP?

IOP is shorthand for **Intensive Outpatient Program**, which focuses on:

- ▶ Understanding your addiction or dependence
- ▶ Being proactive in your recovery
- ▶ Creating a community support system
- ▶ Addressing Family Dynamics
- ▶ Creating a plan of self-care
- ▶ Establishing a plan for sobriety (relapse prevention)

St. Peter's LifeWorks IOP

is a combination of group, individual and family psychotherapy sessions. Each week consists of three group sessions and one individual session. You will be asked to utilize the recovery community by attending 2 meetings each week: AA, NA, Celebrate Recovery, etc. The entire program can be completed in 16 weeks. New participants can begin the program any Monday.

Is IOP for Me?

Does your relationship with any of the following create problems in your life or relationships?

- Alcohol
- Prescription medications
- Cocaine
- Marijuana
- Heroin
- Methamphetamine

While these are all different substances, the dependency/addictive process is consistent. Our IOP provides a safe, confidential process to heal and learn to live life fully. We are available to help you determine the appropriate level of care to match your individual needs. All of our assessments are performed by qualified staff and results are confidential. Call today to connect with our assessment coordinator.

812-372-1571 ext. 2115

Our Purpose

Our purpose is for you to experience life transformation. Our desire is to walk alongside you to help you learn to live life fully and free of addiction. Our program is holistic in that we seek to address the physical, spiritual, cognitive, emotional, and relational components of living a life of recovery. Our leaders are experienced in recovery and seek to share it with you in the way of Jesus: offering hope that your life can be different and being sensitive to wherever you may be on your life journey.

The LifeWorks IOP is a ministry of St. Peter's Lutheran Church, Columbus, Indiana. All group sessions will take place on our campus at 719 Fifth Street.

The LifeWorks IOP is designed to be affordable for anyone seeking recovery. Insurance may also cover a portion of the cost of the program. If you determine that you want to participate in the LifeWorks IOP, our assessment coordinator will assist you in understanding the financial options available for you.