



## **Intensive Outpatient Program**

***Oyate Owic'unkiyapi We Serve the People Recovery Services Program***

**OPENING MARCH 1, 2022**

Services Provided: Non-residential Treatment Serving Ages 18 and older  
Specializing in Substance Use Disorder and Mental Health Disorder (Co-occurring Disorders)

Hours of Operation: Monday – Friday 8:30 am to 5:00 pm  
Walk-in Comprehensive Assessment: Tuesday and Thursday 10am to 12pm  
Transportation available depending on location

Our elders say, "Culture is healing." IHB will provide culturally specific community-based services that are designed to address the unique needs of American Indians who share a common cultural, racial, ethnic, or social background.

IHB's Recovery Services Intensive Outpatient Program (IOP) will consist of a three (3) phase step-down program:

- Phase 1 - 3 days/week for 3 hours/day = 9 hours total
- Phase 2 - 2 days/week for 3 hours/day = 6 hours total
- Phase 3 - 1 day/week for 3 hours/day = 3 hours total

Completion requirement: Minimum of thirteen weeks or ninety-one days. Clients will find that required attendance will become less as each phase is completed. IHB follows the 245G Minnesota statutory requirements for offering treatment services. All three (3) phases will consist of group therapy and 1 hour of individual session per week. Needs related to harmful substance use will be identified and addressed. Staff will help the client obtain necessary services to establish a lifestyle free from the harmful effects of substance use. Group services will address co-occurring disorders as needed. When treatment for mental health problems is indicated, counseling services will become part of the client's treatment.

In consultation with the Elder in Residence, the program provides culturally relevant interactive services and may include (but are not limited to):

- Pipe and Drum Ceremonies
- Talking Circles
- Sweat Lodges
- Ojibwe Language Groups

We respect an individual's religious and spiritual beliefs - participation in some events are optional.

For comprehensive assessment scheduling, referrals, or questions, please contact:

**Mark Johnson, Sr., MA, LADC (Absentee Shawnee)**

**Recovery Services IOP Manager**

**Email: [Mark.johnson@indianhealthboard.com](mailto:Mark.johnson@indianhealthboard.com)**

**Phone: 612-721-9800 ext. 234 (please listen to all menu prompts)**