

## Is Dual Diagnosis Treatment Available?

IOP offers dual diagnosis treatment for those with co-occurring substance abuse and mental health issues. Please contact LFS for program availability.

## Lutheran Family Services of Nebraska, Inc.

### IOP service locations

2401 Lake Street, Suite 110  
Omaha, NE 68111  
(402) 455-9757

124 South 24th Street, Suite 100  
Omaha, NE 68102  
(402) 342-7007

Midlands Medical Center  
401 E. Gold Coast Road, Suite 215  
Papillion, NE 68046  
(402) 592-0639

2900 "O" Street, Suite 200  
Lincoln, NE 68510  
(402) 435-2910

120 East 12th Street  
North Platte, NE 69101  
(308) 532-0587

200 West Seventh Street  
Lexington, NE 68850  
(308) 324-6400

*Subsidy funds for this program are received from Region 2 Human Services, Region V Systems, Region 6 Behavioral Health Administration and state & federal grants through the Nebraska Department of Health and Human Services.*



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Lutheran Services in  
America Member

# Intensive Outpatient Program



## Chemical Dependency Treatment

 Lutheran Family Services  
of Nebraska, Inc.

[www.lfsneb.org](http://www.lfsneb.org)

**T**he Intensive Outpatient Program (IOP) is a group focused, non-residential program for substance dependent adults 19 and over. IOP is more intensive than traditional outpatient treatment services, offering 10-15 hours of treatment per week. Treatment typically lasts six weeks, but varies with individual needs and participation.

Intensive groups meet three hours each day, three days a week. Each participant must attend at least one additional individual or family session each week. Services are available days & evenings. LFS staff work with probation and parole offices to provide substance abuse treatment fitting the justice system case plan.

## What is the Treatment Philosophy?

- Substance abuse is a problem and dependency is a treatable disease
- Change occurs through development of a therapeutic relationship that respects and builds on the client's life goals and free choice
- Family participation in therapy is strongly encouraged
- Principles of self-help groups such as the 12-Step Model of recovery are included in treatment
- Cognitive-behavioral and Motivational Enhancement approaches are most effective

## What is Required of Participants?

- Must remain substance free of all non-prescribed drugs including alcohol
- Commit and comply with regular and consistent program attendance and assignments (All absences require pre-approval)
- Agree to recommended/requested urinalysis tests

## What Can I Expect to Accomplish?

- Look at your own patterns of substance use & learn to understand the disease of addiction
- Develop the knowledge and skills necessary to make lifestyle changes to abstain from alcohol and illegal drug use
- Learn to alter negative or self-defeating thoughts and behaviors
- Improve coping skills, feelings identification, expression and control, and social skills
- Recognize triggers and develop plans to avoid relapse

## Who is Eligible?

- Substance-abusing or chemically dependent adults 19 & over who have a chemical dependency evaluation that meets the requirements for IOP
- Those with a moderate to severe risk of relapse
- Those with low to moderate risk of harm to self or others
- People who need an intensive professionally structured outpatient treatment program
- Those exhibiting one or more functional impairments that require weekly evaluation/monitoring
- Adult Nebraska residents (to be eligible for State of Nebraska Behavioral Health assistance)

## What Fees are Involved & How Do I Pay Them?

**F**ees include an intake fee, group fees and individual/family services. IOP will accept contracted third party reimbursement, private pay, private participant grants and offers a sliding fee based on income for eligible Nebraska residents.