

Matrix Intensive Outpatient Program
(Tuesday & Thursday Mornings – Women Only)

INTENSIVE OUTPATIENT PROGRAM SCHEDULE

(Individual sessions will vary and will include a minimum of 10 sessions)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weeks 1-4	12:00p-1:30p OR 6:30p-8:00p Family Education Group (Must have family or support person present)	9:30a-11:00a Relapse Prevention 11:00a-12:00p Early Recovery Skills	12-Step Meeting	9:30a-11:00a Relapse Prevention 11:00a-12:00p Early Recovery Skills	12-Step Meeting	12-Step Meeting	12-Step Meeting
Weeks 5-12	12:00p-1:30p OR 6:30p-8:00p Family Education Group (Must have family or support person present)	9:30a-11:00a Relapse Prevention	12-Step Meeting	9:30a-11:00a Relapse Prevention	12-Step Meeting	12-Step Meeting	12-Step Meeting
Weeks 13-16	9:15a-10:30a OR 5:30p-6:30p (Women) OR 6:30p-7:30p (Men) Social Support	9:30a-11:00a Relapse Prevention	12-Step Meeting	9:30a-11:00a Relapse Prevention	12-Step Meeting	12-Step Meeting	12-Step Meeting
Weeks 17-52	9:15a-10:30a OR 5:30p-6:30p (Women) OR 6:30p-7:30p (Men) Social Support	Required 12-Step or other community support meetings as outlined in your Individual Program Plan (IPP)					

Last Revised: 03/08/2022