LANCASTER COUNTY
DEPARTMENT OF
Community Corrections
PROVIDING ALTERNATIVES TO INCARCERATION

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Matrix Intensive Outpatient Program
(Tuesday & Thursday Mornings – 4:30PM Women)

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-1:00p **OR** 5:30p-6:30p **OR** 6:45p-7:45p **Family Education Group** **(Must have family or support person present)**	4:00p-4:30p **Early Recovery Skills** 4:30p-6:00p **Relapse Prevention**	**12-Step Meeting**	4:00p-4:30p **Early Recovery Skills** 4:30p-6:00p **Relapse Prevention**	**12-Step Meeting**	**12-Step Meeting**	**12-Step Meeting**
Weeks 5-12	12:00p-1:00p **OR** 5:30p-6:30p **OR** 6:45p-7:45p **Family Education Group** **(Must have family or support person present)**	4:30p-6:00p **Relapse Prevention**	**12-Step Meeting**	4:30p-6:00p **Relapse Prevention**	**12-Step Meeting**	**12-Step Meeting**	**12-Step Meeting**
Weeks 13-16	9:15a-10:15a **Social Support OR 12-Step Meeting**	4:30p-6:00p **Relapse Prevention**	5:30p-6:30p **Social Support OR 12-Step Meeting**	4:30p-6:00p **Relapse Prevention**	**12-Step Meeting**	**12-Step Meeting**	**12-Step Meeting**
Weeks 17-52	9:15a-10:15a **Social Support**		5:30p-6:30p **(Women) Social Support**	**Required 12-Step or other community support meetings as outlined in your Individual Program Plan (IPP)**			

Last Revised: 10/12/2022