

Adult Drug Court

402-441-8122
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PROVIDING ALTERNATIVES TO INCARCERATION

555 South 9th St., Lincoln, NE 68508

Landon Parks, Drug Court Coordinator

Matrix Intensive Outpatient Program (Wednesday & Friday Mornings)

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	10:45a-12:15p OR 6:00p-7:30p Family Education Group (Must have family or support person present)	12-Step Meeting	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
Weeks 5-12	10:45a-12:15p OR 6:00p-7:30p Family Education Group (Must have family or support person present)	12-Step Meeting	9:30a-11:00a Relapse Prevention	12-Step Meeting	9:30a-11:00a Relapse Prevention	12-Step Meeting	12-Step Meeting
Weeks 13-16	9:15a-10:45a OR 5:30p-7p OR 7:15p-8:45p Social Support	12-Step Meeting	9:30a-11:00a Relapse Prevention	12-Step Meeting	9:30a-11:00a Relapse Prevention	12-Step Meeting	12-Step Meeting
Weeks 17-52	9:15a-10:45a OR 5:30p-7p OR 7:15p-8:45p Social Support	Required 12-Step or other community support meetings as outlined in your Individual Program Plan (IPP)					

Last Revised: 01/19/2016