

## A GUIDE TO SUBSTANCE USE RECOVERY PROGRAMS

Deciding to explore substance use treatment is a significant and often challenging step.

**Your Village EAP benefit offers a confidential, one-on-one substance use evaluation.** This session, conducted by a licensed addiction counselor (LAC), is designed to assess one's individual needs and determine the best path forward. During this conversation, the LAC will consider various aspects of one's life, including family dynamics, mental health, and personal history of substance use.

Upon this evaluation, treatment may be necessary, which is not covered by your EAP, but insurance, state vouchers, or self-pay options can be used. Below is a brief overview of recovery programs that could be recommended based on the evaluation.

### DUI EDUCATION SEMINARS:

Ideal for individuals dealing with a first-time DUI or those who need education on responsible drinking or marijuana use.

### LOW-INTENSITY OUTPATIENT PROGRAMMING (LIOP):

This program involves weekly counseling sessions over eight weeks. It's designed for individuals who have experienced substance use-related disruptions in their lives and need intervention.

### INTENSIVE OUTPATIENT PROGRAMMING (IOP):

IOP offers flexibility with morning and evening options, allowing participants to balance work, school, and family responsibilities while focusing on sobriety. Group therapy plays a central role, offering a space to develop communication and social skills crucial for long-term recovery.

### PARTIAL HOSPITALIZATION PROGRAMMING (PHP):

For those requiring a higher level of care, PHP involves more intensive sessions, meeting five days a week. This program offers comprehensive support while still allowing individuals to maintain connections with loved ones at home.

### RELAPSE PREVENTION GROUP:

Even after completing treatment, ongoing support is vital. A Relapse Prevention Group helps individuals stay on track by focusing on mindfulness, community support, and recognizing the early signs of relapse.

Recovery from substance use is a deeply personal journey, and finding the right support is crucial to its success. Whether someone is just beginning to explore treatment options or has already taken steps towards recovery, understanding the different levels of care available can help in making informed decisions about the path forward. From early interventions and outpatient programs to more intensive care and ongoing support, there are resources designed to meet individuals wherever they are on their journey.



Looking for support? The Village EAP could be your first step. Our services can assist you in moving towards a healthier, sober life. It's important to remember that recovery is possible, and with the right support, you can build a brighter future.



**JUSTIN CHASE**  
Licensed Addiction Counselor  
First Step Recovery of  
The Village Family Service Center  
Fargo, ND