

## **Portsmouth Behavioral Healthcare Services Outpatient Treatment**

### ***Women's Intensive Outpatient Program***



#### ***Please Note:***

- ◆ The progress of treatment will be based on treatment team's recommendations (on an individual basis).
- ◆ Clients might return to previous levels of treatment for stabilization .
- ◆ Clients may be given special incentive gifts based on treatment progress.



**“Begin doing what you want to do now.  
We are not living in eternity. We have  
only this moment, sparkling like a star in  
our hand – and melting like a  
snowflake.”**

***Marie Beyon Ray, Author***

**Start Your Journey - Contact Us Today**

**Portsmouth Behavioral Healthcare  
Services**

**Women's Intensive Outpatient Program**

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## ***Program Goals***

- ◆ To encourage and promote a drug-free lifestyle
- ◆ To empower women to develop healthy relationships with their children and other family members
- ◆ To provide groups to assist them with coping, stress management and manage everyday crises
- ◆ To provide information and assistance to ensure appropriate support for women as well as their infants and children
- ◆ To encourage the development of short and long term goals
- ◆ To facilitate emotional healing from past trauma
- ◆ To provide housing for women in active recovery
- ◆ To assist with educational pursuits
- ◆ To give pregnant women priority access to treatment services

# Pathways to Recovery

## Reflection

### An Eight-Week Stabilization Phase

During your Reflection Process you will-

- ◆ Attend individual counseling, group counseling and case management sessions
- ◆ Identify community support groups and get a mentor or a sponsor
- ◆ Identify triggers and stressors
- ◆ Produce urine screens as directed per existing BHS policy



## Rise

### A Four-Week Support Phase

During your Rise Process you will-

- ◆ Attend individual counseling, group counseling and case management sessions
- ◆ Produce urine screens as directed per existing BHS policy
- ◆ Continue attending community support groups and meetings with your mentor or sponsor as needed
- ◆ Facilitate a group or Mentor other women
- ◆ Utilize the relapse prevention plan outlined during your Empowerment Process

## Empowerment

### An Eight-Week Relapse Prevention Phase

During your Empowerment Process you will-

- ◆ Attend individual counseling, group counseling and case management sessions
- ◆ Develop a relapse prevention plan
- ◆ Continue attending community support groups and meetings with your mentor or sponsor
- ◆ Produce urine screens as directed per existing BHS policy

