

Population Served

Betty Hardwick Center's Intensive Outpatient Program provides services for adults diagnosed with a substance use disorder or a co-occurring mental health/substance use disorder. The individual will receive treatment for the substance use disorder and if diagnosed with a co-occurring disorder will be treated for the mental health disorder simultaneously. Case Management and Peer Support services will also be provided as needed to ensure quality linkage to care. The outpatient program is designed to meet the needs of individuals who do not require the more structured environment of residential inpatient treatment to maintain sobriety.

The three-month program will provide:

- Individual counseling
- Group counseling
- Psychoeducational groups
- Family sessions/family group
- Peer Support (as needed)
- Case Management (as needed)
- referrals to:
 - community resources
 - community program
 - AA/NA/Celebrate Recovery
 - OSAR (Outreach, Screening, Assessment, Referral) when inpatient treatment may be needed.

Contact Us

Please contact SUD staff for more information about the Intensive Outpatient Program

Program Email:
SUD-IOP@bettyhardwick.org

Call:
325.691.2093

Program Staff

Mental Health Program Administrator:
Kristi Terbush - 325.690.5175

Substance Use Counselors:
Melisa J. Pendley, LCDC - 325.691.2094
Brian Paul Demmitt, LCDC - 325.691.2095

Peer Navigator Specialist:
Twanna Neal - (Office) 325.690-5125
or (Cell) 325.307.8986

** Intake paperwork to enroll in the Betty Hardwick Intensive Outpatient Program is completed at the time of enrollment (eligibility to be determined by licensed SUD staff) utilizing the DSM-5 to determine diagnosis and eligibility. A separate screening and assessment will be completed by a mental health professional if the individual needs assistance with a mental health issue.*



Intensive Outpatient Program for Substance Use Disorders

801 Cypress St.
Abilene, TX 79603

Administration: 325.691.2093
SUD-IOP@bettyhardwick.org

Eligibility & Referrals

Individuals served by Betty Hardwick will be provided a thorough evaluation to determine the most appropriate course of treatment for the individual's needs.

Qualified professionals will complete an eligibility screening during intake to determine the diagnosis and best course of action to ensure the individual receives quality services.

Individuals currently enrolled in Betty Hardwick Center services can be referred to the Intensive Outpatient Program by their current case manager. Individuals may also initiate services by contacting staff directly and scheduling an appointment. Individuals can be referred to the program by a probation office, parole officer, CPS or 2INgage caseworker or another agency partnering with Betty Hardwick. IOP staff will need legal consents signed by the individual to share ANY information with the referring agency to ensure legal compliance. Consents can be shared via Clinical Management for Behavioral Health Services (CMBHS) Betty Hardwick Center SUD or referring agency can email the referring agency's signed legal consent to Betty Hardwick Center IOP staff. IOP staff will inform the referring agency of enrollment when the participant has been enrolled and signed Betty Hardwick Center Intensive Outpatient Program consent for release of information form.

Eligibility & Referrals continued

Consents must include:

- name/signature of referred individual
- name/signature of disclosing agency
- name/signature of discloser
- specific information to be shared
- expiration date

NO client information will be shared without signed legal consent.

Our Mission

Betty Hardwick Center's mission is empower people to live their best lives.

This Intensive Outpatient Program supports that mission by providing exceptional evidence-based, trauma-informed community treatment services to individuals struggling with a substance use disorder or a co-occurring mental health/substance use disorder.

Our goal is to provide a caring treatment environment and a healing platform to enable our clients to achieve and maintain long-term recovery, stabilization of mental health conditions, and gain positive life changing skills that will support them in their ability to live a better quality of life.

Purpose

Individuals completing Betty Hardwick Center's Intensive Outpatient Program will be equipped with skills to become stabilized in a recovery lifestyle as well as gaining assistance with any mental healthcare needs they may have.

Individuals successfully completing the program will gain an understanding of:

- Coping Skills
- Life skills
- Harm Reduction
- Social support
- Family relationships
- Anger management
- Respectful communication
- Stress management
- Relaxation skills
- Anxiety/Depression
- Triggers and warning signs
- Understanding & coping with cravings
- Relapse Prevention

And many other useful tools useful in maintaining a successful life in recovery.

