



Continuing Care

ASAP's Continuing Care Program helps maintain gains made during IOP.

Upon graduation from [Clarity Intensive](#) or [TRIP](#), each client and family are eligible for program specific Continuing Care. These weekly groups are semi-structured around topics that:

- strengthen ongoing recovery
- avoid a return to substance use
- teach coping strategies
- develop social skills
- promote emotional regulation

- review skills learned during IOP
- apply skills to weekly life events
- reinforce positive behavior
- build mastery of skills gained during IOP

With support from the ASAP staff, participants are encouraged to discuss issues and challenges they are facing in order to advance their recovery or mental health management. In keeping with ASAP's commitment to whole family healing, parents are invited to attend the first group each month with their child.

The accepting atmosphere of Continuing Care allows group members to share their personal successes and struggles. They receive support and feedback from peers and feel ongoing encouragement from the ASAP staff.

Continuing Care is 20 weeks in duration. It is recommended that each graduate of TRIP or Clarity Intensive enter this next phase of treatment. Research has shown that ongoing engagement in treatment enhances the probability of continued recovery.

Continuing Care is offered for TRIP graduates on Monday from 5:30-6:30pm. Continuing Care for Clarity Intensive is offered on Tuesdays from 4:00-5:00pm.

Graduates of TRIP or Clarity Intensive may choose to begin or continue individual therapy with ASAP providers. These sessions may not be covered by insurance and should be scheduled directly with the clinician.