

# TRIP Intensive Outpatient Program

Teen substance use may sound like a common occurrence. However research shows that it is not the typical experience for most teens. If you know a teen who is using more than once or twice a month, TRIP is here to help.

## What is TRIP?

TRIP (Total Recovery In Progress) is an intensive outpatient treatment program designed for teens and their families when substance use has begun to interfere with their lives. Intensive outpatient programs are the standard of care established by the [American Society of Addiction Medicine](#). This level of care is the most common recommendation for people struggling with substance use problems.

TRIP applies techniques that offer the best likelihood of recovery for teens and their families. During the TRIP program, families will:

1. Attend group treatment that incorporates research-based best practices.
2. Activate their family support system.
3. Build knowledge of (and join in) the recovery community.

Recovery takes more than just abstinence from use: it's a process of rebuilding. The TRIP program utilizes a range of interventions to help teens achieve these goals. These include:

- Group Treatment
- Individual Pull Outs
- Urine Drug Screens
- Caregiver Involvement
- Mutual Support Meetings
- A Variety of Staff Members

TRIP is covered by most insurance companies. Since coverage varies widely by specific plans, ASAP's administrative professionals will call and get an estimate of your benefits during the [intake process](#). You should also call your insurance company to better understand the benefits available to you for the services ASAP offers.

If you have more specific questions about the TRIP program, please feel free to call us and we'd be happy to answer any of your questions.

## TRIP Schedule

The TRIP program meets for 3 days each week for 3 hours per day. A client is ready to graduate TRIP when they have a minimum of 3 consecutive weeks of negative drug screens, have gone to at least 8 mutual support meetings outside of TRIP, and have attended TRIP through the curriculum cycle. The TRIP program has both a weekday and weekend track and meets on the following schedule: