

About SBHS

Serving Sumter County since 1973, Sumter Behavioral Health Services has proudly served our citizens who are living with substance abuse and mental health challenges. We offer behavioral health counseling, prevention, and intervention services.

We strive to constantly identify the ever-changing needs of our community and adapt our services to their needs. All programs use evidence-based practices to increase the strengths and resources of each individual served. The SBHS empowers individuals to build skills needed to begin the recovery process.

We are licensed by the South Carolina Department of Health and Environmental Control (DHEC) and credentialed by the Commission on Accreditation of Rehabilitation Facilities (CARF).

Sumter Behavioral Health Services

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Sumter, SC 29153
(803) 905-5100
www.sumterbhs.org

Fees and Payment

Sumter Behavioral Health Services accepts most major health insurance, Medicaid, and Tricare. We also accept cash, checks, money orders, and most credit and debit cards. Payment plans are available.

We provide services regardless of a person's ability to pay. A full financial assessment can be completed to determine your ability to pay based on the Federal Poverty Guidelines and household expenses.



BEHAVIORAL HEALTH SERVICES

INTENSIVE OUTPATIENT PROGRAM



Benefits of IOP

The IOP is designed for individuals who are interested in abstinence, but whose drinking or drug use behavior may not meet criteria for an residential level of care. IOP is ideal for someone who wants to:

- Achieve abstinence
- Foster changes in behavior that supports a recovery lifestyle
- Facilitate active participation in community-based support groups
- Identify and address a range of psychosocial problems (including employment, adherence to probation, housing, financial planning, relationships)
- Develop a positive supportive recovery network
- Improve problem-solving skills and coping strategies in staying abstinent.

Unlike Residential Treatment, IOP allows you to live at home, work, and engage in your community while building recovery skills.



Services

In addition to our substance use programs, we offer an array of services for mental health and co-occurring disorders designed to promote wellness and provide care as you move through your treatment plan. Services are recovery focused and based on person-centered planning and client-directed outcomes.

- Biopsychosocial Assessment
- Individualized treatment plan
- Individual counseling
- Care coordination
- Biochemical assays to identify recent drug use (e.g. urine drug screens)
- Motivational enhancement and engagement strategies, which are used in preference to confrontational approaches

Group Counseling

Group counseling provides an opportunity to connect with others who intimately understand the complexities of addiction. By hearing the perspectives of others, you gain new insights into your own addiction and recovery journey. It's normal to be apprehensive at first, but most individuals find tremendous support, understanding and encouragement in their groups. Within this group setting, you'll have the chance to share your experiences, challenges, and successes. You'll come to realize that you're not alone in your struggles. Together, you'll build a network of support that extends beyond the confines of the counseling session.



Goals of IOP

The IOP service was designed to help maintain sobriety and stability in early recovery. It is a structured and organized service with a wide range of treatment modalities and group topics. Those who demonstrate higher levels of stability with respect to abstaining from mood-altering substances are eligible for IOP. The program is focused on helping participants identify problems, maintain sobriety, and develop healthier patterns of behavior.



- ◆ Comprehensive support to people in early recovery for approximately 12-16 weeks .
- ◆ Maintain abstinence
- ◆ Demonstrate ability to sustain behavior changes
- ◆ Transition your lifestyle healthy sober activities.
- ◆ Identify relapse triggers and develop relapse prevention strategies
- ◆ Identify individual challenges and begin resolution