



CHANGES

— HEALING CENTER —

IS IOP RIGHT FOR ME? | A SELF-ASSESSMENT

Read the statements and check each applicable box. This quiz is not a diagnostic tool but a snapshot of behavioral signs. Call Changes Healing Center at 602.691.7244 to receive additional guidance.

- Do I have a stable, supportive place to live?
- Am I currently employed or enrolled in school?
- Can I manage my daily responsibilities (work, family, finances)?
- Can I count on family or friends for support as I recover?
- Am I motivated to attend treatment sessions several times weekly?
- Would I enjoy meeting peers who understand my struggles?
- Do I need support but not 24-hour medical supervision?
- Can I travel to the treatment center regularly?
- Do I have mild/moderate withdrawal symptoms when I've tried to stop?
- Do I need program flexibility due to family demands, work, or school?
- Am I ready for sobriety with the help of structured support?
- Have I ever tried other treatments?
- Am I committed to my recovery and wellness?
- Do I need to go to school or work while attending treatment?
- Do I have legal issues related to substance use?

Could an IOP be the solution?

Take your self-assessment and call Changes Healing Center. Generally, more checks reveal a higher likelihood of an IOP being a good fit. However, many factors come into play. An admissions representative will discuss your quiz and guide you in finding the right level of care.