



'Ai Pono Hawaii Intensive Outpatient Program (IOP) Schedule 2022-2023

	Monday	Tuesday	Wednesday	Thursday
5:00-6:00	Check-in / Process	Check-in / Process	Check-in / Process	Check-in / Process
6:00-6:30	Staff-Supported Dinner	Staff-Supported Dinner	Staff-Supported Dinner	Staff-Supported Dinner
6:30-8:00	Process Group	Food & Feelings Group	Nutrition Education	Life Skills

In addition to attending all schedule group sessions, program participants will be responsible for:

- Attending a monthly individual session with Program Supervisor for treatment plan updates
- Attending a monthly individual session with 'Ai Pono's Registered Dietician for nutrition plan updates
- Attending a monthly visit with your Primary Care Physician to monitor vitals (medical management is not included with VIOP)
- Inputting your daily meal/snack updates in the Recovery Record Application/website