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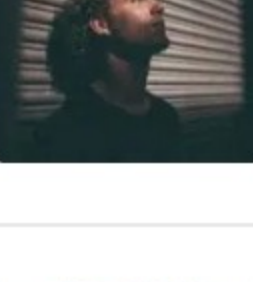
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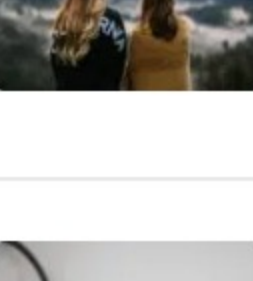
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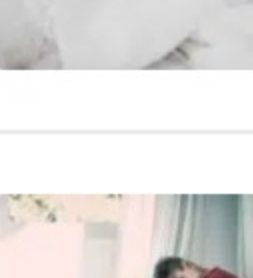
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What Is Intensive Outpatient Rehab & What Does It Entail?

 Nick -  March 10, 2022

When identifying the appropriate level of rehabilitative care, it is essential to consider what each group entails and the right kind of support for you.

At Impact IOP, we provide outpatient care for those ready to make a change in their lives. We offer multiple options to support clients in the most beneficial way to their specific rehabilitative needs. Alcohol abuse, stimulant abuse, sedative abuse, and prescription drug abuse are all covered in our intensive outpatient treatment programming.

Contact us today to see if our intensive outpatient programs meet your rehabilitative needs.

What are the Levels of Care in Rehab?

The levels of care in rehabilitation are directly related to the client's level of need. For example, individuals with moderate to severe substance abuse disorders need more support than those with problematic use or mild substance abuse disorders. Finding the correct level of treatment can be the difference between successful rehabilitation and relapse.

The most intensive type of treatment is residential inpatient care. In this situation, clients live in a facility for the duration of their treatment program. They work on developing the appropriate skills necessary for managing their substance abuse in the real world, identifying the root cause of their addiction, and improving themselves.

Intensive outpatient treatment and partial hospitalization programs are in rehab's next level of care. Intensive outpatient treatment supports clients by providing the frequency and structure that clients need, similar to inpatient rehab but occurring outpatient. Individuals live at home and travel back and forth daily or every other day to receive treatment at a recovery campus. Individuals work on the same priorities as inpatient treatment, focusing on the importance of identifying triggers in their community.

The least restrictive level of care in rehabilitation is outpatient treatment. This can occur once or twice a week. Individuals meet with their counselor or as a group and focus on discussing their problems, coming up with standard solutions to those problems, and building a community of sober support.

What Does Intensive Outpatient Rehab Entail?

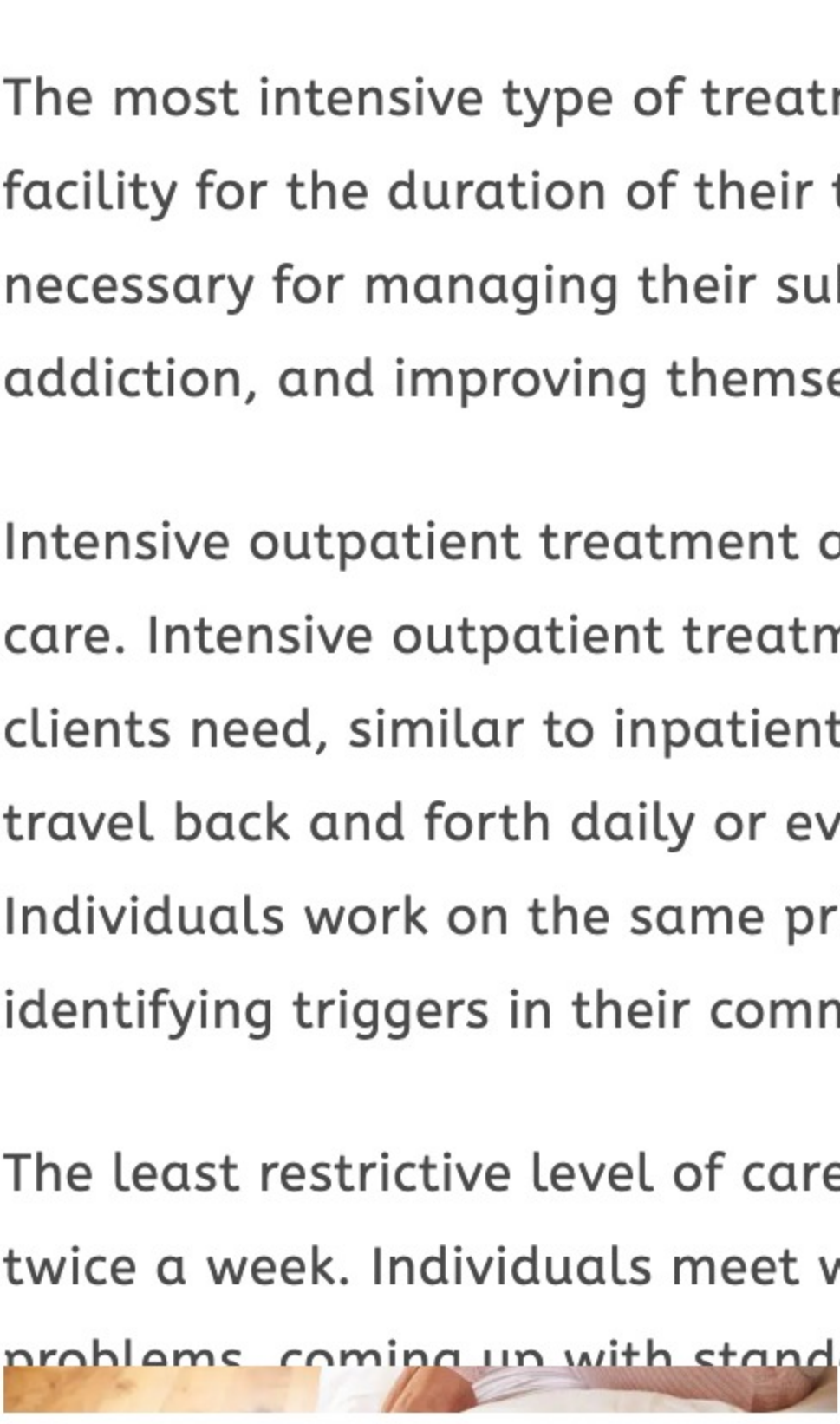
Intensive outpatient rehab offers the best of both inpatient rehabilitation and outpatient rehab. Clients can continue living at home, caring for and interacting with their family, and possibly even working if it is not the cause or a trigger for substance use.


Intensive outpatient rehab often occurs daily or 3+ times a week to ensure clients have the structured support necessary to maintain their sobriety while still living at home. Individuals work with individual therapists, doctors or nurses, and group counselors to identify their connection with addiction and brainstorm ideas for personally dealing with those issues and not using substances.

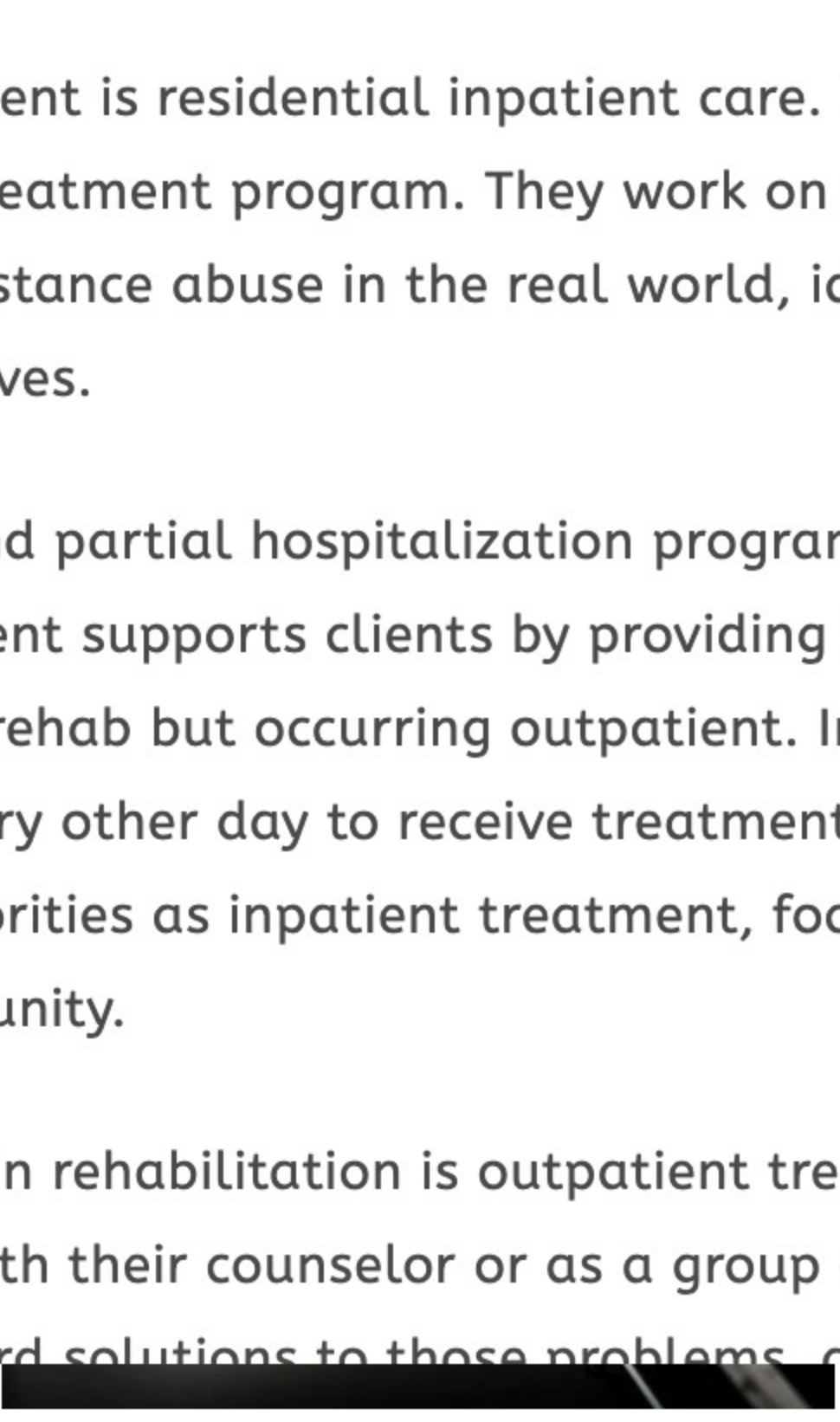
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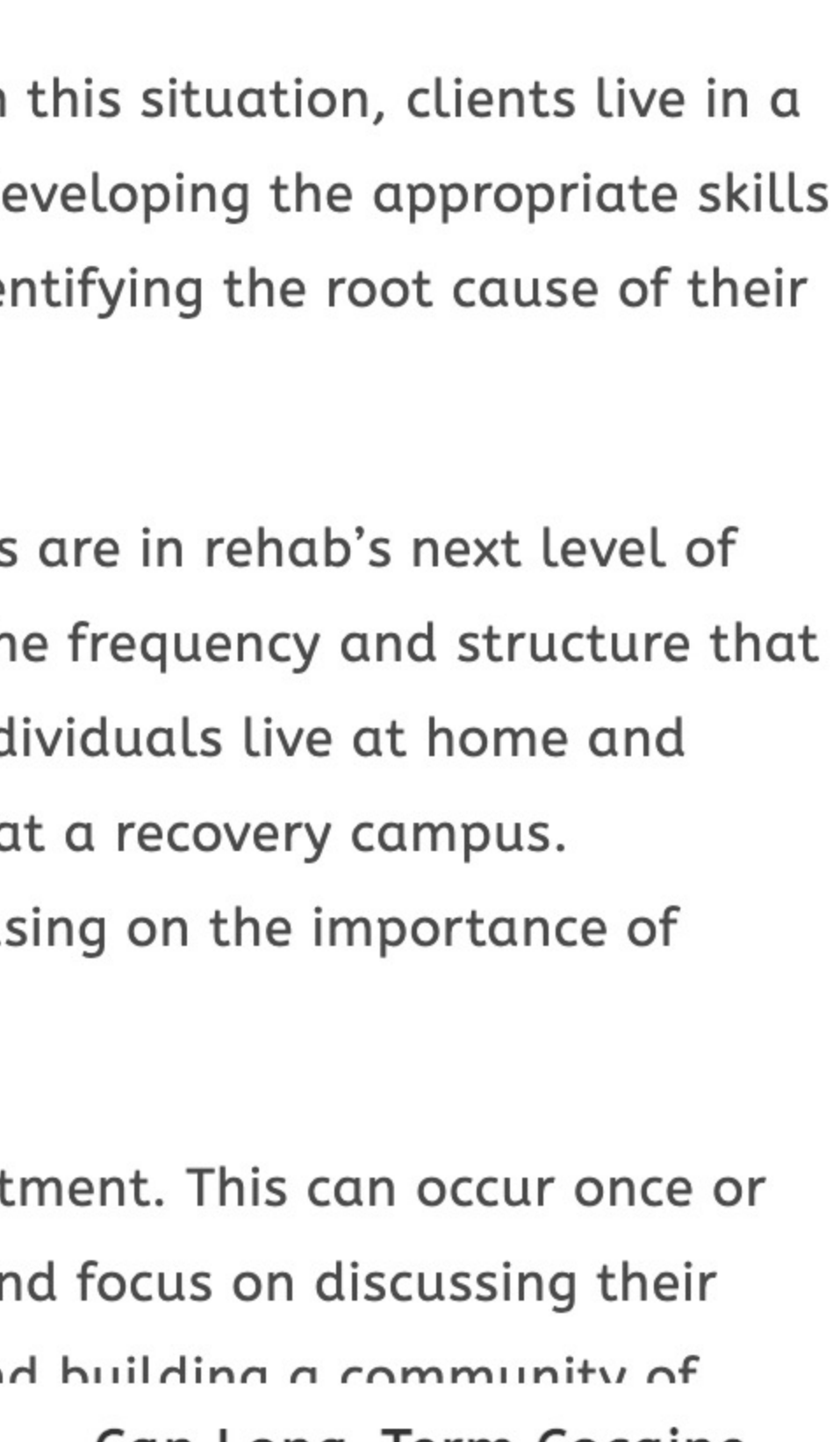
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