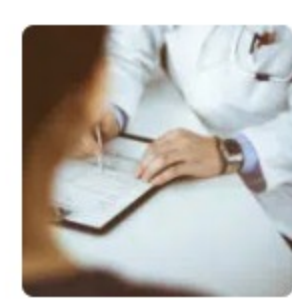


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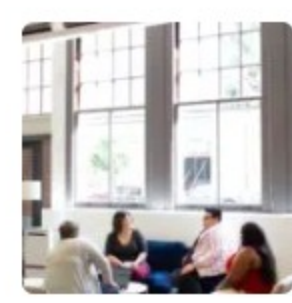
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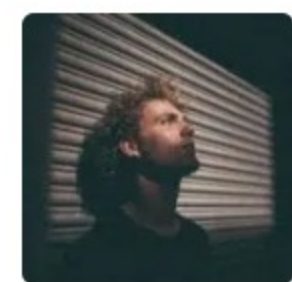
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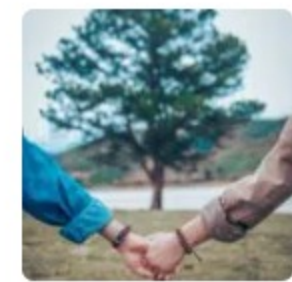
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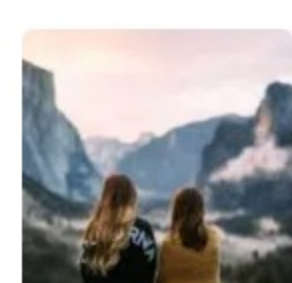
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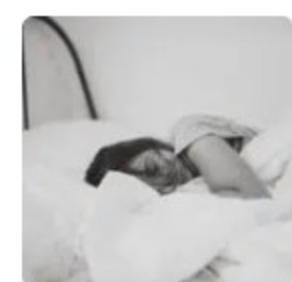
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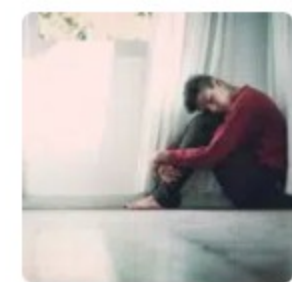
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## What are the Benefits of Outpatient Addiction Treatment?

Nick - February 24, 2022

When searching for addiction treatment, two very different options pop up, outpatient and inpatient. These two choices vary significantly based on the needs of the client and the location. The benefits of outpatient addiction treatment are numerous, and can help many find long-term sobriety.

At Impact IOP, we offer [intensive outpatient](#) and [outpatient treatment](#) designed as a step down from inpatient treatment. Still, we can support clients through as much as 25 hours a week of group and individual therapy. Each individual has a detailed treatment program designed to meet their specific needs.

Learn the benefits of outpatient addiction treatment today, by speaking with a treatment advisor today.

### What is Outpatient Addiction Treatment?

[Outpatient addiction treatment](#) is a program while a patient lives on their own. This type of treatment is ideal for multiple types of clients but could be detrimental for others.

During outpatient addiction treatment, clients live on their own, which means they need to have reliable access to transportation for addiction treatment, need to be able to maintain a drug-free environment for their physical and mental health, and have a support system available to them.

Outpatient treatment can be difficult for individuals with multiple mental health disorders (comorbid or dual diagnosis) or those who have severe substance abuse diagnoses. Clients in these situations often need more than what an outpatient treatment facility can offer in terms of treatment, support, and care.

### What are the Benefits of Outpatient Addiction Treatment?

Outpatient treatment affords many benefits for clients ready to get clean and those with problematic use who are ready to make a change before it worsens. Clients are taught how to change their lives from the first meeting through outpatient addiction treatment. Those who attend outpatient treatment, focus on how to manage their addiction from the first meeting.

Outpatient treatment is also beneficial for professionals. Individuals who need to continue working find that the location and time requirements of inpatient treatment don't often fit the needs of their work. For those who must continue working a set schedule, outpatient treatment facilities can often support and offer treatment at times convenient to those who have set schedules.

Another benefit of outpatient addiction treatment is the ability to meet and build a community of like-minded individuals. While inpatient treatment can take place anywhere and you can build a community within, these aren't always people that live near you. That makes continued support and friendship that much more difficult after graduating from the program. However, clients in outpatient addiction treatment meet and build relationships with other clients who live near and provide support through challenging times.

### Is Outpatient Rehab Right For Me?

Outpatient treatment centers are beneficial for many types of clients. The treatment requires significant personal motivation to complete, so it is often seen as beneficial for those who have just completed an inpatient rehabilitation program as part of their aftercare treatment. It is also seen as useful for individuals who have mild substance use disorders and those with problematic use who have identified a need to change. Lastly, outpatient rehab is often beneficial for clients who have experienced a lapse or relapse.

For those continuing aftercare treatment through outpatient treatment and those experiencing a lapse, outpatient addiction treatment acts as a continuation of previously learned skills. This is beneficial as it helps clients create and refresh sober community bonds in group therapy and through sober gatherings.

For those just starting out, outpatient treatment centers are ideal for those with problematic and mild substance use disorders. This type of treatment allows for an individual to focus immediately on real-world application of the skills learned and how to rely on others for support.

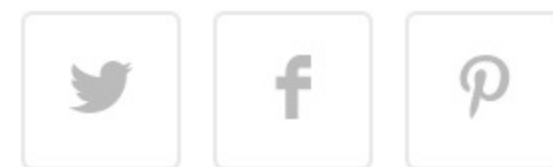
### How to Find Outpatient Addiction Treatment in Louisville, KY

Impact IOP offers some of the [best outpatient addiction treatment in Louisville](#) and the state of Kentucky. Clients who enter our outpatient program are able to work with highly-trained professionals in individual and group settings.

Your treatment program at Impact IOP is designed based on your needs, which are determined by the results of your comprehensive intake evaluation. This will determine the number of meetings per week and what therapeutic treatments may be best for you. We combine some of the most supportive [evidence-based treatments](#) to provide our clients with overall support on their journey of recovery.

[Let us help you find your path](#) to freedom with Impact IOP.

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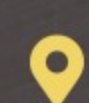


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