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Are There Outpatient Opioid Treatment Programs?

By Louisville Addiction Treatment Center

There are outpatient opioid treatment programs available to you, no matter your need level. At **Impact IOP**, we offer multiple types of outpatient opioid treatment programs designed to meet the needs of each of our clients. In addition, our clients can access the addiction treatment healthcare necessary for their total rehabilitation through intensive treatment and generalized group meetings.

If you think this is the program for you, contact the admissions coordinator today to speak with someone about the impact that Impact Intensive Outpatient treatment could have on you.

Why are Opioids Dangerous?

Opioids and opiates are painkillers designed to help the body heal from trauma or prevent pain surrounding surgery or treatments. These drugs numb the opioid pain receptors and give individuals relief from pain. However, these drugs also impact the release of hormones in the brain that affect stress and the reward center in the brain. This impact causes opioids and opiates to be addictive and, with prolonged use, can make the body crave the drug.

Opioids are especially dangerous because of how they impact the body. In shutting down the opioid pain receptors, the drug slows down other functions in the body as well. Individuals using opioids may have reduced function in their lungs, digestive system, and endocrine system. Opioids can also impact a person’s blood pressure, breathing rate, and cognitive ability. The impairment of any of these functions can lead to death. Fatal overdoses on opioids and opiates are one of the leading causes of drug-related deaths.

What are the Withdrawal Symptoms Related to Opioid Use?

Opioid withdrawal syndrome can impact individuals in many different ways. Most times, individuals will experience increased pain and confusion and will experience overall flu-like symptoms through their detoxification process. Depending on the length of use, the drug used, and the amount used, withdrawal can last anywhere from one week to 14 days.

Early symptoms of withdrawal include:

- Agitation
- Anxiety
- Muscle aches
- Increased tearing
- Insomnia
- Runny nose
- Sweating
- Yawning

Late symptoms of withdrawal include:

- Abdominal cramping
- Diarrhea
- Dilated pupils
- Goose bumps
- Nausea
- Vomiting

Are There Outpatient Opioid Treatment Programs?

Outpatient opioid treatment programs are available for individuals looking to make a change in their lives. Outpatient opioid treatments often focus on two things. They focus on maintaining physical sobriety and on education about how to maintain sobriety. When individuals choose to attend outpatient opioid treatment programs, they have several options. Outpatient programs can be intensive or more lax. They can also include medication-assisted treatment (MAT), which uses FDA-approved medications to support the detoxification process and help individuals maintain sobriety. Figuring out which type of treatment is best for you is the first step you need to make when looking for outpatient treatment programs.

Clients spend 20 to 30 hours a week working on sobriety at a treatment facility through intensive outpatient treatment and partial hospitalization programs. In this location, clients will work in small groups, independently, and with counselors and therapists on improving their mental, physical, and emotional health. This level of intensity is not permanent, however. Individuals who choose this type of treatment will progress through the program and move into a less intensive outpatient treatment program.

Less intensive outpatient treatment programs often have clients meet 1 to 2 nights a week, depending on their needs. They will work independently with a counselor or therapist and often meet with a small group to work on the coping and self-management skills necessary to maintain sobriety.

Suppose you believe that either of these programs is ideal for you. In that case, Impact IOP is a rehab treatment facility that offers both intensive treatment programming and generalized outpatient treatment for clients working through opioid use disorders.

We offer clients the opportunity to work with community members to gain and maintain sobriety while maintaining a level of normalcy in their lives. Unlike inpatient treatment which requires individuals to pause their outside lives, individuals in outpatient treatment can support their work schedule or schooling while attending therapy. At Impact IOP, we work with our clients to figure out the best treatment and timing to be successful and their addiction treatment process. Contact the admissions counselor today if you'd like to know more about Impact's addiction treatment process. We have individuals ready 24 hours a day to answer your questions and support your addiction treatment needs.

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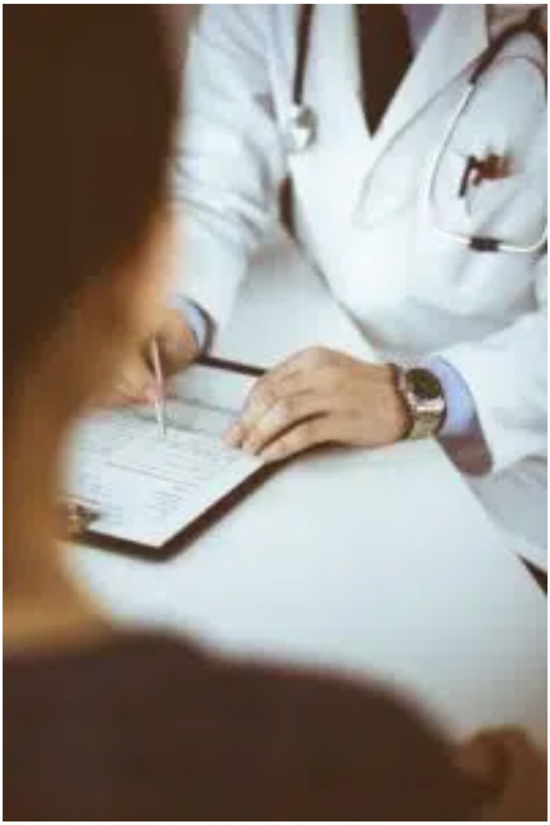

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What We Treat

Impact Outpatient Program offers treatment for a variety of addictions and co-ocurring disorders at our Louisville area outpatient drug rehab center.

Alcoholism

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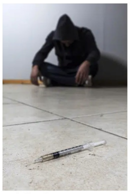

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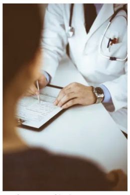

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Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

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