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How Long Is An Outpatient Drug Rehab?

By Louisville Addiction Treatment Center

When it comes to drug addiction treatment, there are two options: inpatient or outpatient rehab.

The key difference between these two is that inpatient rehab treatment involves being admitted to a treatment facility and receiving round-the-clock care. Outpatient rehab treatment, on the other hand, allows you to receive addiction treatment and recover while still living at home.

Outpatient drug rehab isn't meant for everyone. It is suitable for those who have mild to moderate substance abuse and don't need detox. It can also be used as a step-down from a residential treatment program. Thanks to the flexibility offered by an outpatient program, it is suitable for those who can't afford to take time off their busy schedules to attend an inpatient rehab program.

How Long Does an Outpatient Drug Rehab Program Take?

Outpatient rehab programs are often less expensive and disruptive than inpatient programs. While there's no fixed duration for outpatient programs, it's recommended that such programs last for more than 90 days. This way, clients have more time to form healthy habits and to practice the new coping skills that they learn in therapy. Additionally, it gives the brain more time to heal and recover from drug use.

Here at Impact Outpatient Program, we prefer monitoring the progress and effectiveness of our outpatient addiction treatment programs on an individual basis. We use individualized treatment plans based on each clients' unique treatment goals and we evaluate whether these goals are met during the course of the treatment program.

Our outpatient addiction treatment program has the following components:

- Intensive Outpatient Program (IOP). This is ideal as a step down from an inpatient rehab program or for those who need a higher level of care without being admitted to a residential program. Our intensive outpatient program demands a larger time commitment compared to the regular outpatient program and you may be required to spend at least 3 hours per week attending treatment sessions. These are divided into several sessions per day that may last about 3 hours at a time. We use a combination of individual and group therapy sessions and behavioral therapy to help clients overcome drug addiction.
- Outpatient Program. Our regular outpatient program is a step down from the IOP and is suitable for those who have mild to moderate substance abuse. It offers you the flexibility to keep up with your work or family obligations by helping you receive treatment then go back home. You only need to attend treatment sessions for a few hours a day on certain days of the week.
- Telemedicine Sessions. We also offer telemedicine sessions to help those clients who are unable to access in-person treatment. We do this by providing treatment sessions either online through Zoom calls or over the phone.

If you're looking for an outpatient program in Louisville, Kentucky to suit your needs and schedule, get in touch with Impact Outpatient Program. We have a simple admissions process and offer a range of evidence-based outpatient addiction programs to help you regain control of your life.

Reach out to us today.

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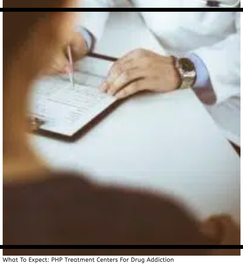

What To Expect: PHP Treatment Centers For Drug Addiction

Partial hospitalization programs – sometimes known as day treatment programs – are popular for some people to recover from addiction issues. Whether you have some

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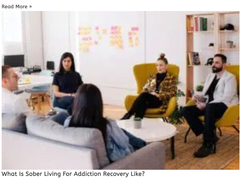

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Pros And Cons Of Addiction Interventions

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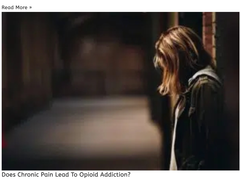

Does Chronic Pain Lead To Opioid Addiction?

Hundreds of people across the country live with debilitating chronic pain daily. This is hard to imagine unless you've been in a similar situation. Most

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What We Treat

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

treatment

addiction

treatment

dual-diagnosis

treatment

Telemedicine

treatment

BEGIN YOUR JOURNEY (502) 912-1038

Let Impact Outpatient Program help you find your path to lasting recovery from substance abuse right now. Same-Day Admissions Available.

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