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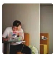
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What Are The Best Qualities Of An Intensive Outpatient Addiction Center

By Louisville Addiction Treatment Center

You have decided to seek support and free yourself from your addiction with the help of a specialist center. Congratulations! You have just taken the first step on the recovery path. Every recovery path is unique and will help you face your own challenges and issues in the most appropriate way. However, it can be tricky to find the right addiction center for your needs.

At Impact Outpatient Program, based in Kentucky, we are here to help you. We appreciate that, more often than not, the information can be overwhelming when you are not familiar with addiction centers and support treatments. Figuring out what is right for you and what will empower you to recover safely can feel like dealing with a complex math puzzle.

What is the right answer, and more precisely, what answer do you need to reclaim your life? We know it's tough to make sense of everything when you are just about to start your recovery journey. That is why our team has compiled a short guide to help you read through the lines and identify the most important qualities of an intensive outpatient addiction center. As a side note, remember that some less credible rehab centers may try to take advantage of you. Therefore, you need to be equipped to avoid them and make the best choice for your health.

Intensive outpatient treatment vs. inpatient treatment

Before exploring the many qualities of an intensive outpatient addiction center, it's important to clarify what it means. Indeed, you may come across inpatient residential programs and outpatient programs. Both rehab programs are committed to providing addiction treatment to support individuals through recovery. However, the main point of difference lies in the environment.

Indeed, inpatient centers establish on-site facilities during the whole duration of the treatment. The individual will reside within the center, receiving 24/7 medical attention, nutritional support, and therapeutic support in addition to their addiction treatment.

On the other hand, outpatient treatment centers do not need you to stay on-site. As a patient, you can still maintain your routine at home and enjoy meals with your loved ones when you are not attending your treatment. You are only required to visit the center for your specific appointments.

Both approaches have their unique advantages, so it is a matter of figuring out which treatment environment is right for you. When it comes to financial differences, residential treatments are less cost-effective than outpatient services.

Individualized care at intensive outpatient addiction centers

Everybody has a different story.

An individual could develop addictive behavior after being exposed to a traumatic event, while someone else could fall into substance abuse after being prescribed pain-killing medication. It would be unrealistic to provide the same addiction treatment to everyone. Therefore, one of the most important elements when choosing the right outpatient center for you is to check if they provide individualized plans. At Impact Outpatient Program, we are committed to offering a truly individualized and personal experience to every client.

Telehealth program options

The last thing you want is to have to choose between your work and your health. If you wish to enroll in an outpatient treatment plan, you want to be able to manage your schedule. Therefore, you need to know whether the center provides options for individuals who can't attend their in-person appointments.

Telemed appointments have been on the rise during the pandemic, and it's worth asking the rehab center if they also offer telehealth treatment alternatives to receive support remotely. At Impact Outpatient Program, we are committed to supporting our patients to overcome alcohol and drug abuse. So whether you can't travel because of work, illness, or even family requirements, you can always get in touch with our team via phone or even Zoom video calls.

Rapid admission process

Accepting that you have an addiction problem is a difficult step. Unfortunately, the longer you have to wait before starting your treatment, the more likely you are to change your mind. Indeed, anxiety, fear of the unknown, pressure, and the risk of your addiction getting out of control can affect your chances to start on time.

Once you have contacted an outpatient addiction center and completed the first evaluation appointment, you need to be able to start your treatment as soon as possible. We appreciate that life can get in the way and delay your chances of recovery, and that's why our team is committed to letting you start your treatment within 24 hours of completing your initial appointment. We also provide a same-day admission service if you wish to start immediately with your treatment.

Diversity of treatment options

There is no such thing as an off-the-shelf treatment approach when it comes to addiction recovery. Along with individualized plans, an intensive outpatient addiction center must be able to tailor the solutions to meet specific needs and patterns. Using evidence-based programming, our team at our Louisville treatment center offers multiple pathways, utilizing a variety of therapies, including:

- Medication-assisted therapy
- CBT
- Process groups

This enables us to build sustainable and effective recovery paths for our clients.

Compassionate team

We believe that people who struggle with substance abuse deserve to be treated with respect and empathy. When you embark on your recovery journey, the last thing you need is to be judged or made feel like a criminal. We appreciate that individual stories are unique. More often than not, substance abuse is a response to an extreme situation, such as a traumatic event, severe chronic stress, etc.

Therefore, we are passionate about offering our clients a judgment-free care zone where they can reclaim their lives and emotional well-being. We never point a finger. Instead, we consider ourselves as the helping hand that accompanies you along your recovery path.

Start with a full evaluation of your situation

Every rehab center has a specific target audience. Indeed, as explained, different experiences can lead to different addiction scenarios. It would be unrealistic for an addiction center to welcome people without considering first whether the team is equipped to handle their unique issues.

At Impact Outpatient Program, we first get to know you and run a free assessment to make sure we can help you. Once we are sure we are a match, we invite you to an intake appointment to discuss your needs and answer your queries. Only then can you begin your treatment. Don't worry; we aim to help you as quickly as possible, so these extra steps do not delay your start date. They only ensure we can provide you with the service you need.

Long-term treatment options

There is no such thing as a successful, short-term rehab treatment. Addiction is a complex situation that requires continued treatment for sustainable recovery. So, if you are in the process of choosing the right rehab center for your needs, you must make sure you can access long-term treatment.

At Impact Outpatient Program, we provide treatments on different bases. Our intensive outpatient care is designed for continued care. Yet, depending on your progress or your situation, you can also opt for the step-down outpatient program level, which offers a less intensive approach. Additionally, we also help reduce the treatment intensity or appointment frequency through multiple pathway therapies and telemedicine. These options can also be useful for long-term support during your recovery process.

The insurance the rehab center works with

Regardless of the form of addiction treatment you need, even if you opt for non-residential treatment, your insurance is unlikely to cover 100% of the costs. Therefore, to make sure you don't find yourself out of pocket, it's a good idea to enquire about the insurance partnership.

Most rehab centers will provide an insurance verification step, either on their contact or admission page. They also tend to share a list of the insurance providers they work with.

Alternatively, you can also discuss your insurance cover during your first free consultation appointment.

The center is easily accessible

Unlike a residential inpatient center, when you attend outpatient treatment, you must be able to commute easily to and from the center. The last thing you need is a long commute before your appointment, which could affect your everyday routine and make it hard to schedule in-person appointments.

Our Impact Outpatient Program center is located just outside metro Louisville in Mount Washington, Kentucky. It is easily commutable by car from Louisville and the surrounding areas for professionals, busy stay-at-home parents, and even students who rely on public transport.

The center uses evidence and science-based methods

There is no need to invent something new when there are countless evidence-based approaches that have been observed medically. At Impact Outpatient Program, our team uses only treatment methods that are scientifically sound and safe, and backed by evidence.

So whether we suggest medication-assisted therapy to help with your addiction or animal-assisted therapy for therapeutic benefits, you can rest assured that our counselors understand the health gains and impacts each approach has at a medical and psychological level.

Are you ready to embark on your recovery journey? Our team of experts in Kentucky is ready to welcome you and make you feel at ease. Together, we can build your path to sustainable, long-term, and successful recovery.

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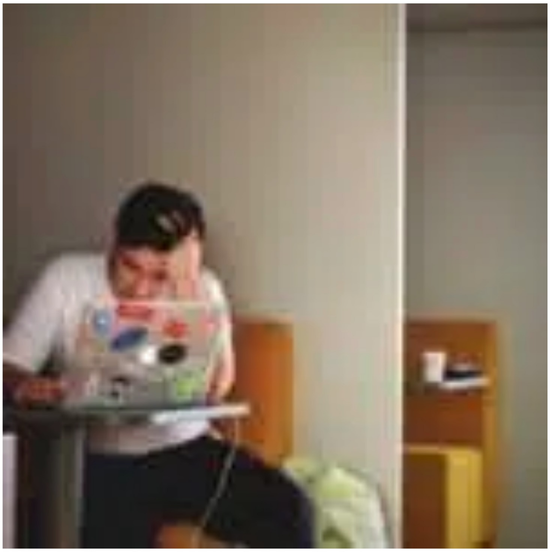

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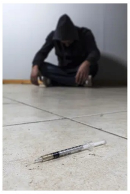
What We Treat

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



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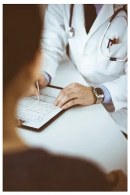

Telemedicine

treatment

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CALL NOW

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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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