

Different treatment programs are designed to address different aspects of addiction. For instance, our detox program in Kentucky is meant to help people detoxify and flush toxins from their systems before they can be ready for other treatment programs.

Additionally, addiction treatment programs are progressive. Clients move from one program to another as they progress with their treatment and conquer their addiction. For instance, from the detox program, a client may move to residential treatment or partial hospitalization. From there they often progress to intensive outpatient before finishing up at an outpatient program. Outpatient care is often the last part of the continuum of care. By this stage, the person in recovery should have left the rehab facility and become more independent in the community. Ideally, they are already holding down a job and they are back home leading their normal lives as best as they can.

Kentucky Outpatient Rehab

At the Robert Alexander Center for Recovery in Kentucky, we take our clients' recovery seriously. That is why we follow up with each client as they progress through the different treatment programs we offer. We remain in touch with them and provide outpatient care after they are discharged from our treatment facility.

Our outpatient treatment program focuses on the following:

Individualized treatment plans.

We recognize that our clients have different needs and we tailor the treatment plans accordingly. In outpatient care, we integrate family therapy and other treatment options into your normal routine so you can have the freedom and flexibility of continuing with treatment without missing out on your responsibilities.

Therapy.

Clients in our outpatient program attend group therapy sessions 1-3 times a week in addition to seeing their primary therapist once every week. As they progress with recovery, this is gradually scaled down to group and individual therapy sessions once every two weeks then once a month.

Integration into the community.

A huge part of outpatient care is ensuring that our clients are integrating well back into their normal lives. We follow up to make sure that they have stable housing and a strong support group as well as jobs where possible.

Relapse prevention.

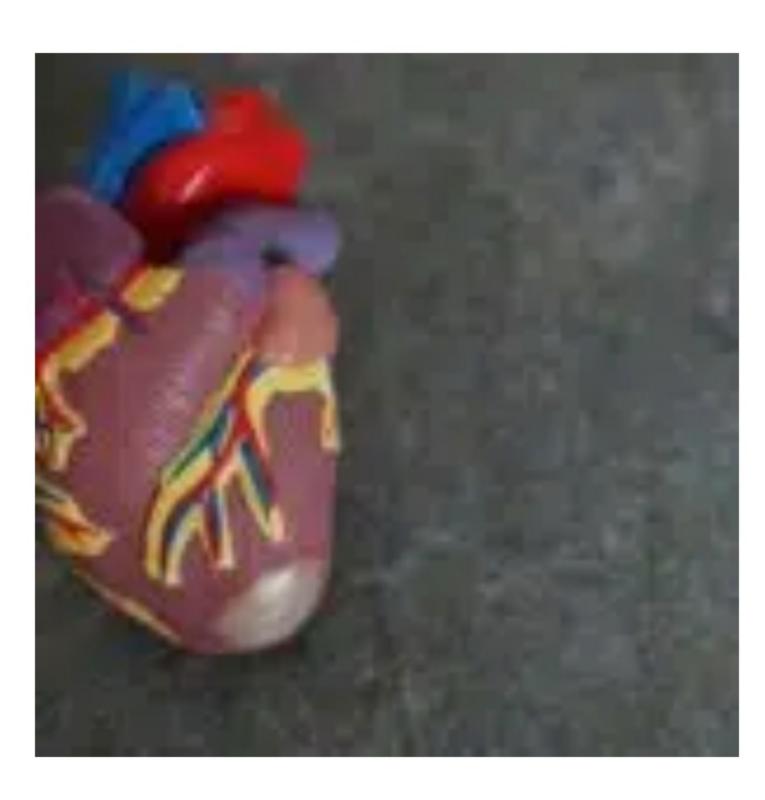
Since those attending the outpatient program are living in their various communities, it is imperative to address relapse prevention. This equips them with the tools necessary to identify their relapse triggers and to have measures in place to avoid or deal with them.

Aftercare program.

Before clients are discharged from our rehab center, we ensure that we have connected them to an aftercare program in their community. This helps them connect with others on the recovery journey who understand what they're going through. Additionally, it helps them remain sober by being accountable to others.

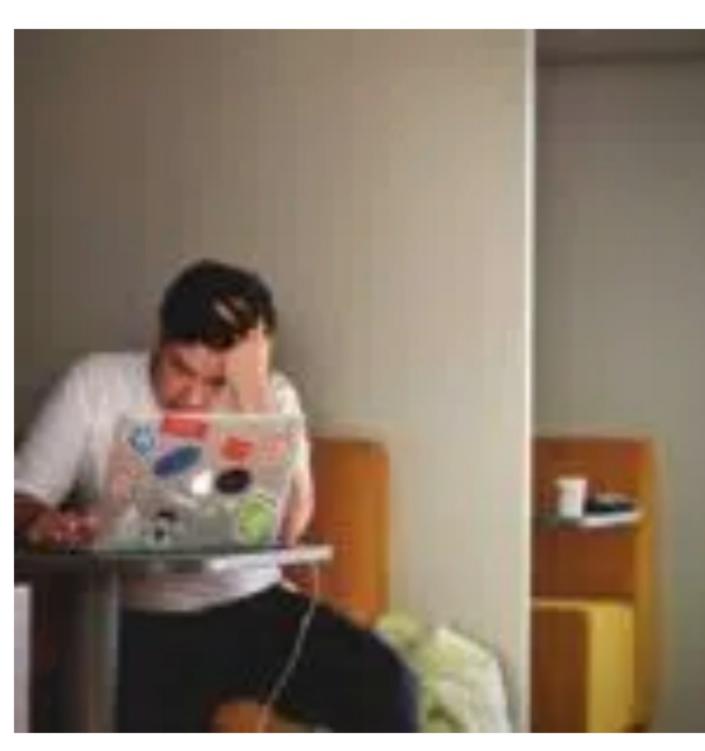
If you are struggling with either drug or alcohol addiction, help is available. You don't have to spend the rest of your life under the shadow of addiction. Reach out to the Robert Alexander Center in Kentucky and we will guide you to recovery.

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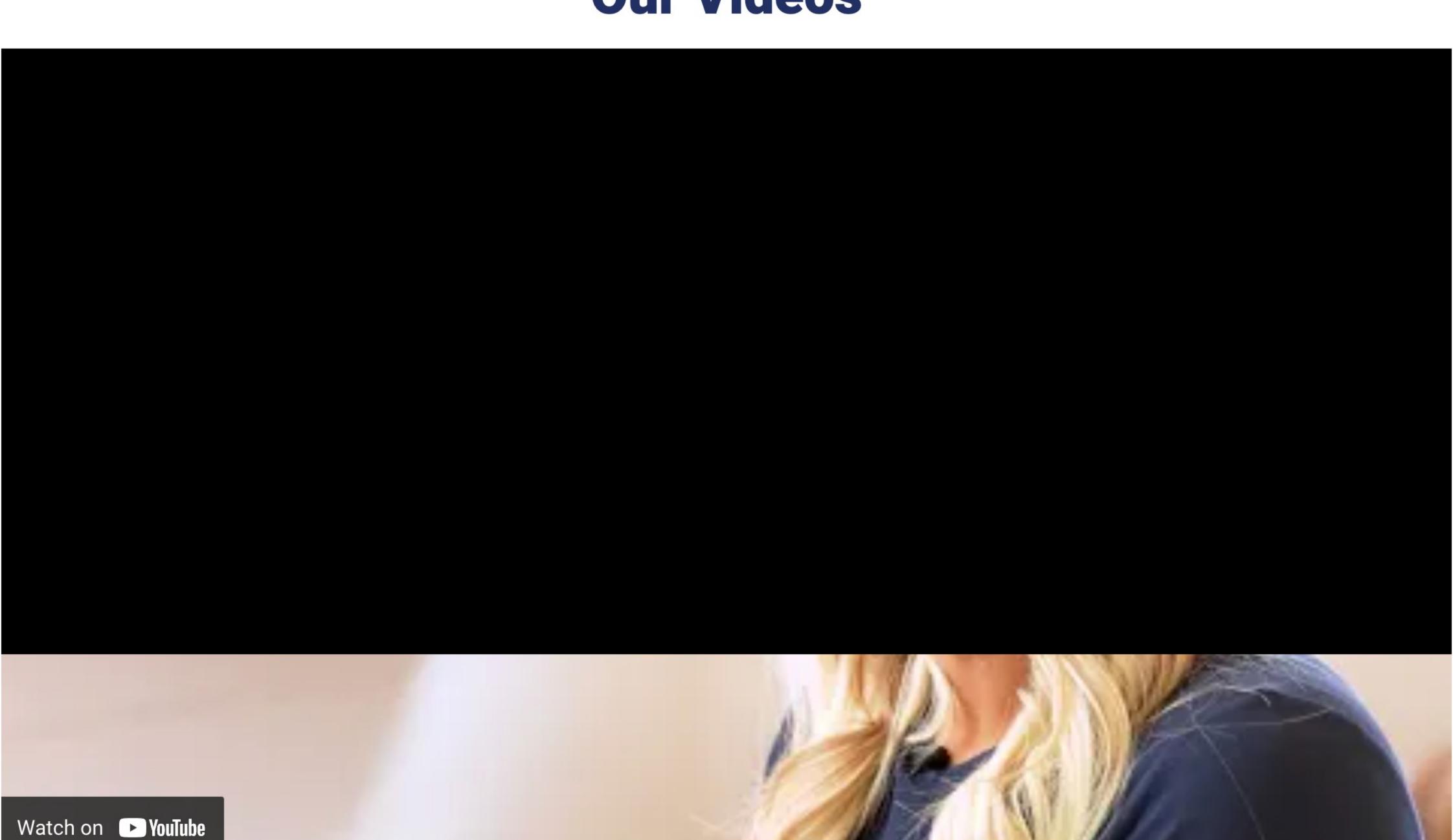
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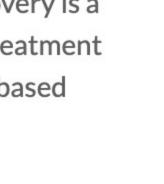
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The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.







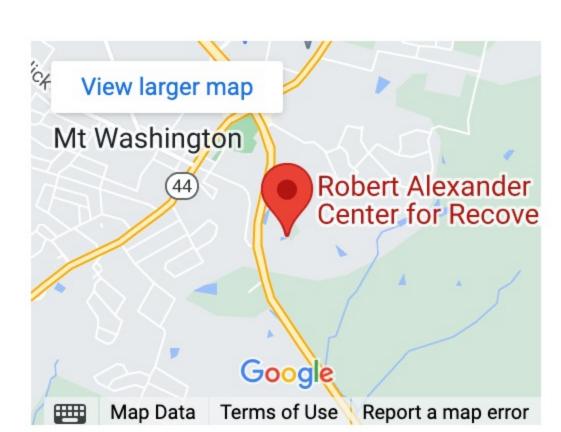


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