

# Does Intensive Outpatient Treatment Work?

By The Professionals At Robert Alexander Center

When you're looking for rehabilitation options, there seem to be two main options, **inpatient residential treatment**, and **intensive outpatient treatment**. But what if you need something in the middle?

Intensive outpatient treatment is the happy medium.

At the **Robert Alexander Center**, we can support you through every step of the addiction treatment process. Our state-of-the-art facility can support clients beginning with detoxification and following them through a series of treatment programs which include residential, intensive outpatient, and outpatient treatment, as well as aftercare to ensure your sustained recovery support after completing a program with us. We believe that treatment is for everyone, and we work with all to ensure that we are providing the best and most supportive treatment in Kentucky.



## What Is Intensive Outpatient Treatment?

Described as the happy medium between residential care and outpatient care, IOP treatment brings the structure of residential treatment with the comforts of home and the ability to maintain some semblance of a normal lifestyle.

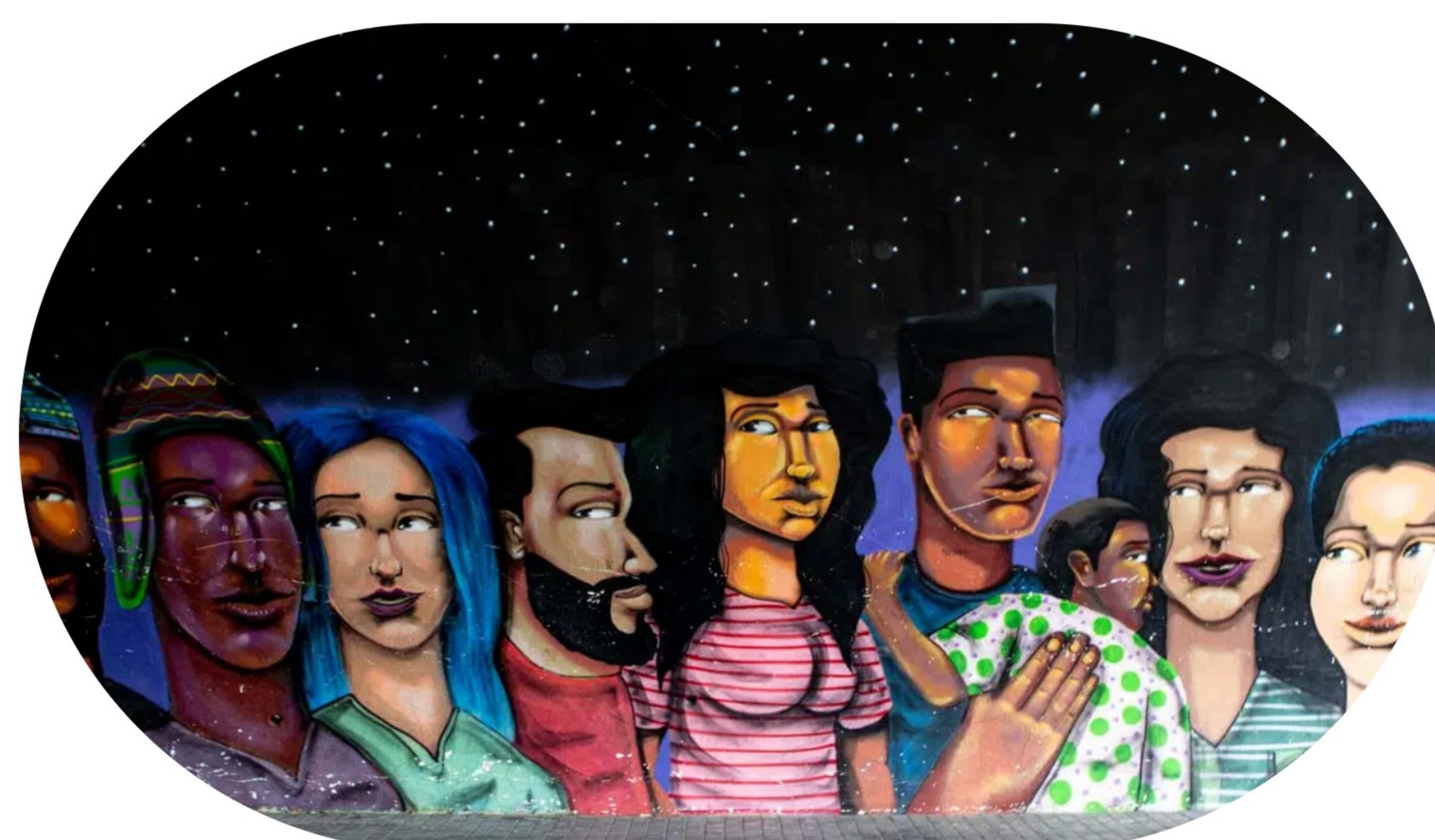
IOP treatment occurs at various intervals but is generally considered intensive if it is three or more days a week. During this treatment time, individuals may engage with individual counselors, participate in group therapy sessions, be evaluated by a medical professional, or participate in any number of sober group activities to learn coping and self-management skills relevant to sober living.

## Who Does Intensive Outpatient Treatment Work Best For?

IOP treatment works best for a number of different individuals. This middle ground provides opportunities for people who need more structure than traditional outpatient care can provide and those who can't commit to month-long stays in residential care.

Those who benefit most from IOP treatment are:

- Individuals who have previously completed a program and those experiencing a relapse
- Individuals who have just completed a residential program
- Individuals who have a mild to moderate substance use diagnosis
- Individuals who have a support structure in place at home
- Individuals who have home responsibilities



People who have previously attended or graduated from a treatment program and continue to struggle or who may have relapsed might need the structure that intensive outpatient treatment can offer. Through frequent check-ins and more prominent ways to build friends and community, clients can work out their struggles and enhance their self-management skills.

This also rings true for individuals who have just completed a residential program. The structure that comes with intensive outpatient treatment may be the level of support needed after completing an intensive program.

IOP treatment can also be a starting point for some drug and alcohol addicted individuals. For those diagnosed with a mild to moderate form of substance abuse, residential treatment may be too much. For those individuals, the structured approach and intentional planning of intensive outpatient treatment may be just what is necessary.

This type of treatment program is ideal for individuals who have a support system at home. By ensuring that clients have a drug and alcohol-free environment, sometimes the access to their necessities makes the addiction treatment process easier and more effective.

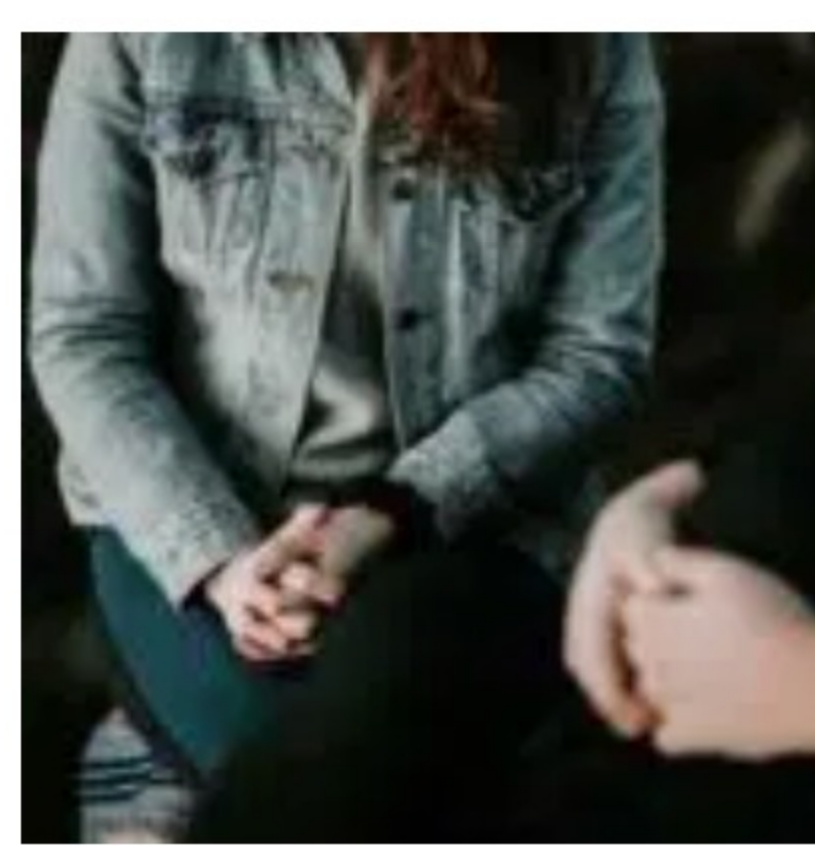
Finally, intensive outpatient treatment can be helpful for people who have additional responsibilities. Individuals with children, those who have intense jobs or workspaces, and those with other responsibilities may benefit from the structure, and the ability to participate in a scheduled and focused time.

## IOP Treatment at the Robert Alexander Center

If you or a loved one are ready to make a change in your life, try intensive outpatient treatment at the Robert Alexander Center. Our program is designed to support you from start to sobriety.

Contact us today to get expert treatment for lasting recovery at the Robert Alexander Center.

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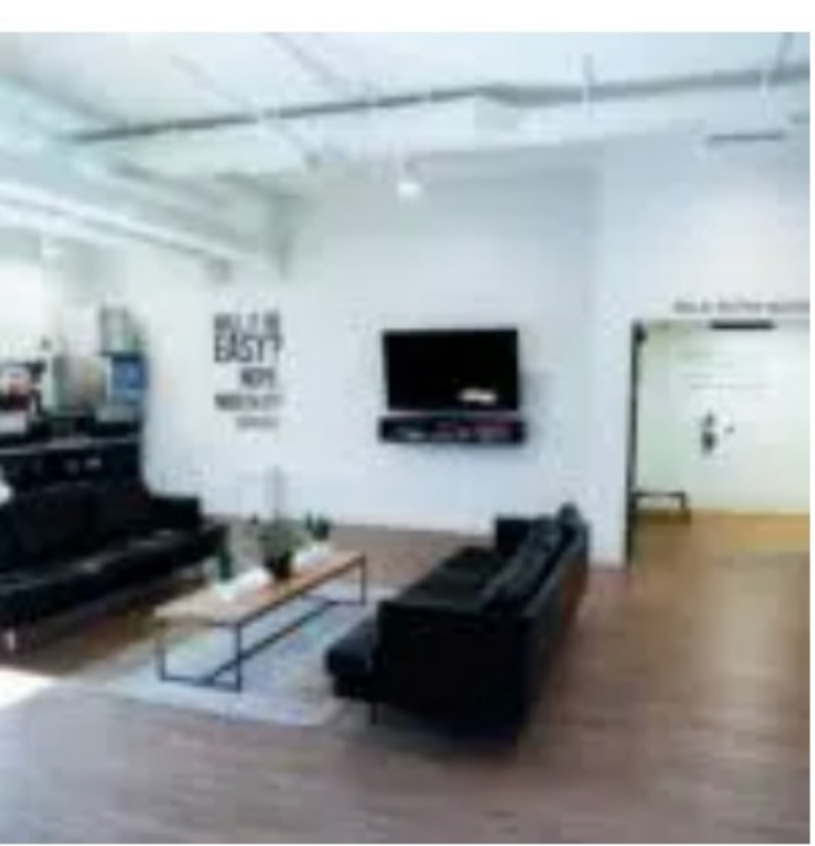
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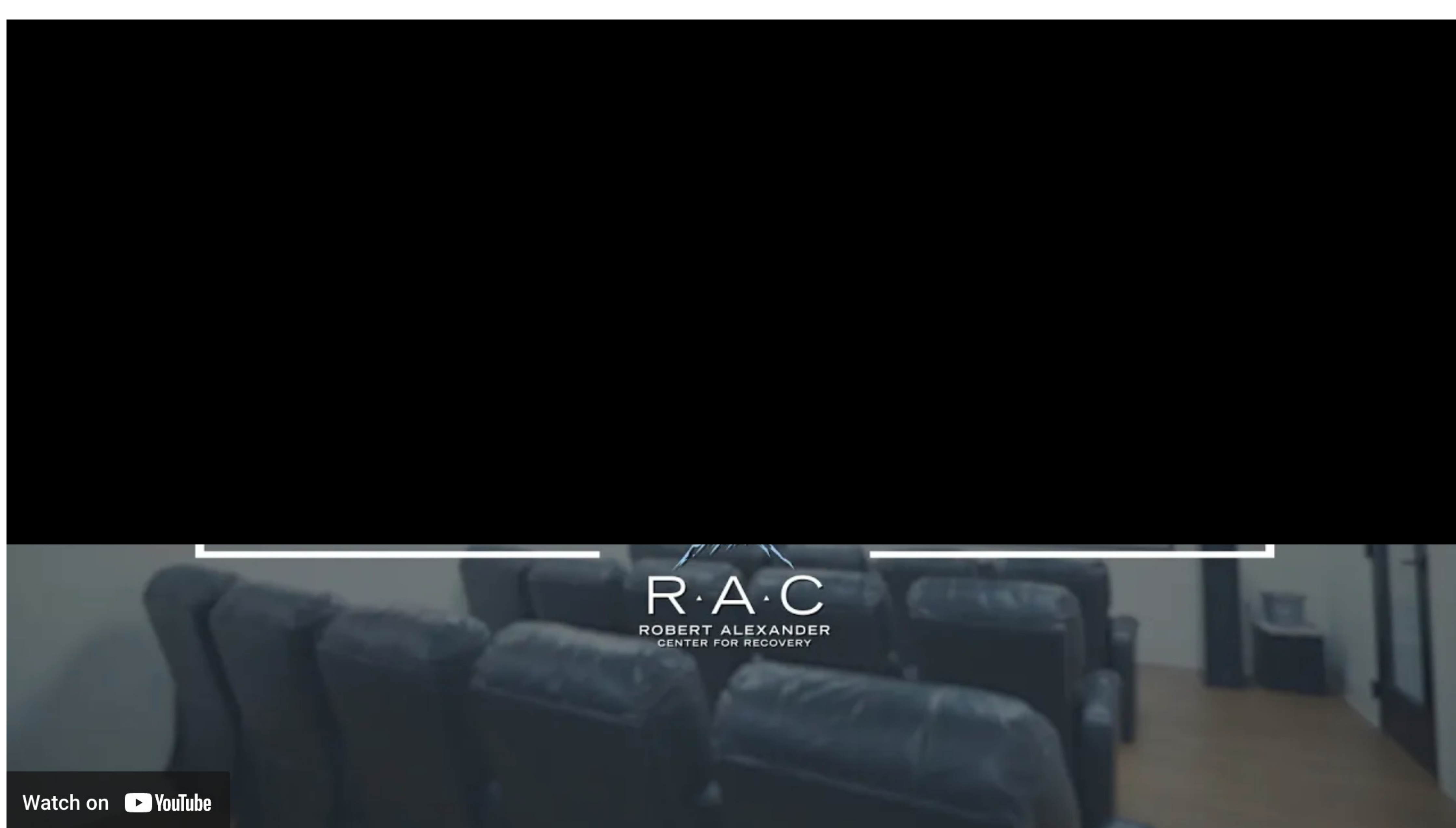
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