# Outpatient Rehab Services for Substance Abuse in Kentucky

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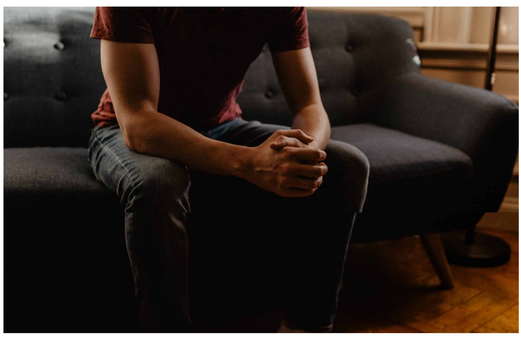

The easiest and most effective way to overcome addiction is by entering an addiction treatment program. These are offered in rehab facilities across the country and are broadly divided into residential or inpatient treatment programs and outpatient treatment programs.

The rehab program you get admitted to depends on which substance you're addicted to, the severity of your addiction and whether or not you have any co-occurring illnesses, among other factors.

## Outpatient Rehab Services in Kentucky

If you or your loved one is looking for outpatient rehab services in Kentucky, look no further than the Robert Alexander Center for Recovery. We pride ourselves on providing high-quality drug and alcohol rehab programs for every client who comes to our facility. Our focus is on helping the individual by first assessing them before crafting individualized treatment plans based on unique recovery goals.

Our Kentucky outpatient rehab services are based on a continuum of care where clients progress from one level to another as they go through recovery. Before admittance to any of our programs, individuals struggling with substance abuse first go through detoxification to ensure that they are physically and mentally ready to enter a recovery program.

These outpatient treatment programs include:

## Partial hospitalization program (PHP)

A partial hospitalization program is the second most intensive treatment program after residential treatment. This type of outpatient program takes place for 4-6 hours a day, 10-12 hours a week for at least 5 days each week. It mostly runs from 3 months to over a year and is ideal for those who are transitioning back to their normal lives after undergoing residential treatment.

## Intensive outpatient program (IOP)

An intensive outpatient program is often the next step after PHP. Patients in this program aren't required to reside at the treatment facility and have more freedom to pursue their lives. This is a less intensive program than PHP and is suitable for those who have less severe addiction with minor to no co-occurring ailments.

## Outpatient rehab

An outpatient treatment program gives you the most freedom. This program allows you to receive treatment several days a week while still living at home. This way, your life isn't disrupted and you can keep up with your regular responsibilities. Outpatient programs are for those with mild to moderate addiction, no dual diagnosis and no frequent relapses.

All these outpatient programs offer similar services including individual and group counseling, family therapy, cognitive behavioral therapy, and dual-diagnosis or co-occurring disorder therapy. As part of holistic care, we also offer occupational therapy, substance abuse education, nutrition counseling and recreational therapy. We recognize that recovery from addiction doesn't end after rehab and provide our clients with aftercare planning. This helps them navigate the transition back into the real world after being discharged from rehab.

At the Robert Alexander Center for Recovery, we're dedicated to ensuring that clients receive the help they need to recover from addiction. So don't hesitate to contact us. We'll be glad to help you.

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Recognizing Alcoholism Symptoms in High-Functioning Adults

Intensive Outpatient Program For Drug Addiction Treatment

Crafting a Reentry Strategy Following Successful Alcohol Abuse Rehabilitation

Achieving Lasting Sobriety: Tips for Setting Goals Post-Rehabilitation Treatment

Choosing the Right Rehab Treatment: Comparing Outpatient and Inpatient Options

## Key Resources

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