

How Good Are Outpatient Addiction Recovery Programs?

by Robert Alexander Center | Jan 30, 2022 | Blog | 0 comments



When people think of going to rehab, most think of inpatient or residential rehab. However, this is just but one option available to those struggling with addiction. Those dealing with mild or moderate substance abuse disorder can opt for [outpatient addiction recovery programs](#).



Outpatient Addiction Treatment Programs

When enrolled in an outpatient treatment program, clients don't need to spend the night at the rehab or treatment facilities. They attend the treatment and therapy sessions for a few select hours on specific days of the week and are free to resume their normal duties. The flexibility provided by this treatment option is a huge plus, especially for those with demanding schedules.

There are different types of outpatient rehab programs including:

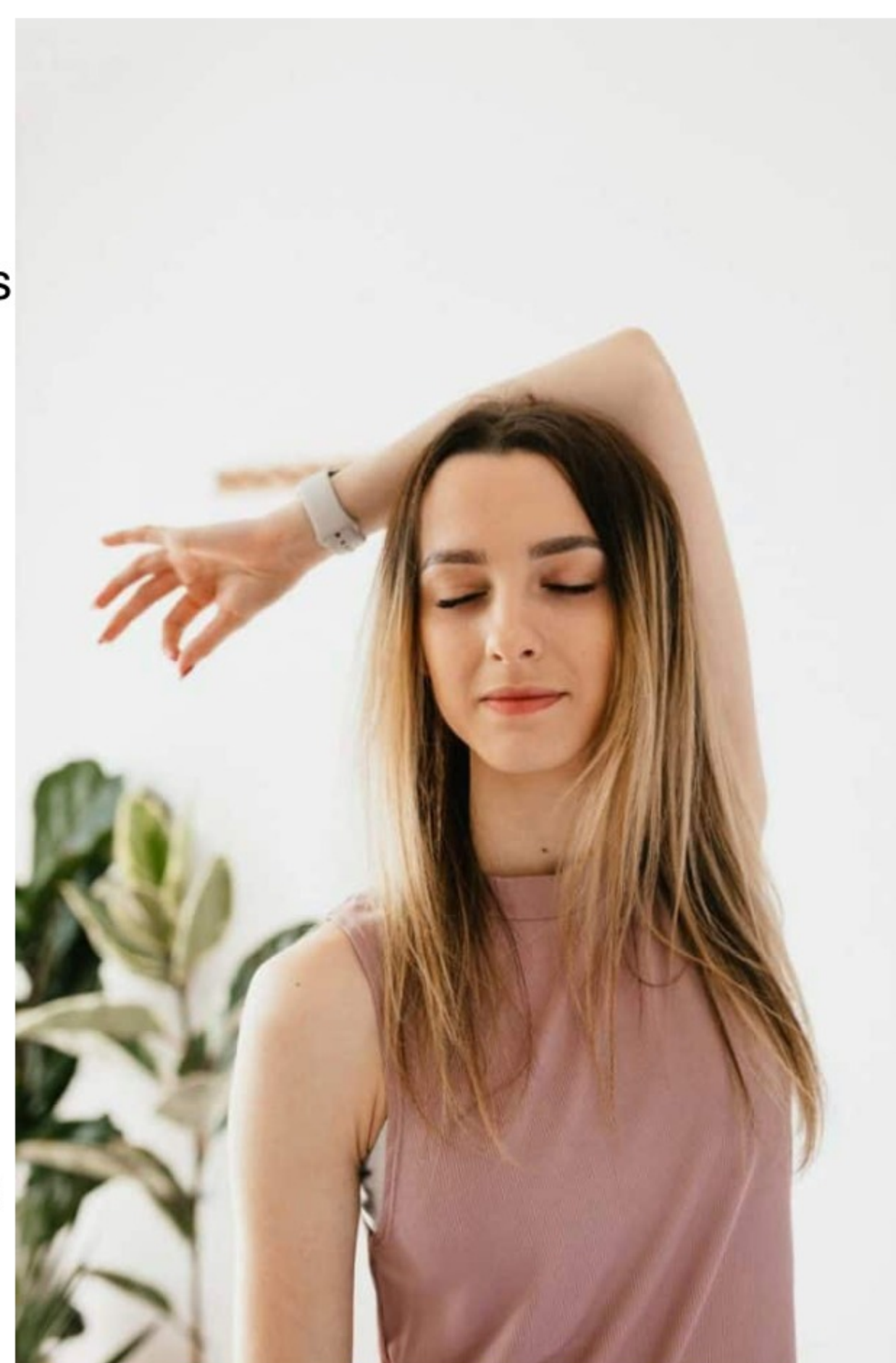
- **Partial hospitalization programs (PHP).** Also referred to as day treatment, partial hospitalization programs are ideal for those who require high-level medical or mental health care for addiction but don't need 24-hour supervision.
- **Intensive outpatient programs.** An [intensive outpatient program](#) is often a step down from a PHP. These programs provide clients with a similar level of intensive treatment that they would receive in a residential program but on an outpatient basis.

It's also possible to receive other addiction treatment services such as [detox treatment](#) as part of an outpatient treatment program.

What are the Benefits of an Outpatient Addiction Recovery Program?

By now you may be asking yourself if getting addiction treatment on an outpatient basis is worth it. Here are some of the benefits of these programs:

- **Flexibility.** The biggest advantage outpatient treatment programs have is that they allow clients to attend treatment when it's convenient for them. They can attend evening or morning sessions based on their schedule. This flexibility allows them to keep meeting their personal obligations while receiving treatment.
- **Costs less than residential treatment.** Since there are no overnight or residential stays at the treatment facility, these programs tend to cost less than inpatient ones. Due to this, clients can continue receiving treatment for a longer duration, increasing the chances of a successful recovery.
- **Clients get to immediately apply skills they've learned.** Balancing treatment with their regular schedules and responsibilities allows clients to apply the skills they've learned in therapy to their lives. This way they learn how to manage their cravings, triggers, and stressors in the real world.
- **Clients benefit from family support.** Receiving treatment while still living at home means that individuals can receive much-needed support from their families and loved ones. Family members can also attend [family therapy sessions](#) to learn how to rebuild their lives and help their loved ones beat addiction.



At the [Robert Alexander Center for Recovery in Kentucky](#), we know how challenging it can be to search for addiction treatment. Get in touch with us today and let our addiction specialists help you find the best treatment option for you.

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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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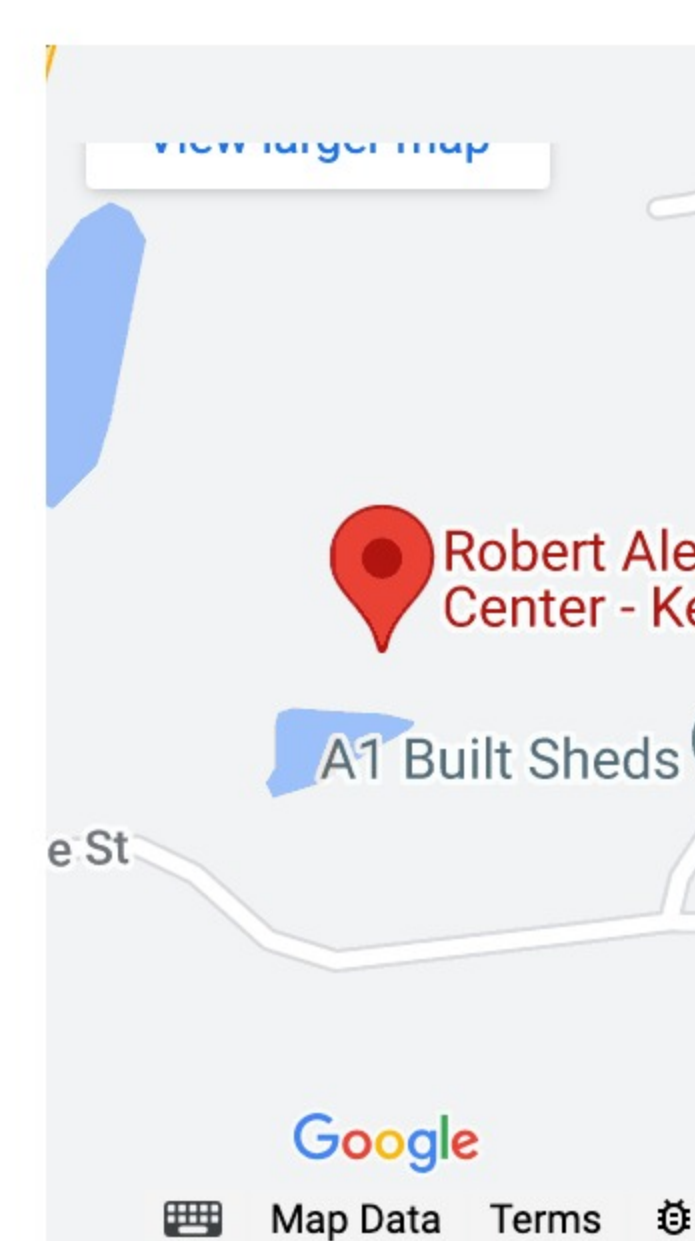
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