

Difference In Outpatient And Intensive Outpatient In Alcohol Rehab Recovery

by Robert Alexander Center | Oct 16, 2022 | Blog



When it comes time to consider alcohol rehab recovery, the first step is understanding the difference between outpatient and intensive outpatient. Both offer different levels of care, and depending on your specific situation, one may be a better option than the other.

In this article, we will discuss the key differences between outpatient and intensive outpatient treatment so that you can make an informed decision about what's best for you or your loved one.

Outpatient Alcohol Rehab Recovery is Typically Less Expensive Than Intensive Outpatient

The main difference between outpatient and intensive outpatient treatment is the level of care each provides. Outpatient treatment usually consists of weekly therapy sessions and some occasional check-ins with a counselor, whereas intensive outpatient treatment includes daily or multiple times per week therapy sessions as well as regular check-ups.

Because intensive outpatient treatment requires more time and resources, it is typically more expensive addiction treatment than outpatient treatment. The difference in drug rehab and alcohol rehab cost can be significant, so if you are considering either option, be sure to ask about pricing before making a decision.

Intensive Outpatient May Be More Effective Than Outpatient

While outpatient treatment can be successful, intensive outpatient may be more effective for some people. This is because intensive outpatient provides a higher level of care, which can help people in early recovery stay on track.

Additionally, intensive outpatient allows you to live at home and continue working or going to school while getting treatment, which can make it easier to stick with the program. For example, if you are busy with your drug treatment and you have to leave work early for therapy, it can be difficult to keep up with the program.

However, if you are able to do intensive outpatient, you can continue working and going to school while getting the help you need.

You May Need to Step Down to Outpatient After Intensive Outpatient

For some people, intensive outpatient is not enough and they need to step down to a lower level of care. This usually happens when someone is struggling with their recovery and is not able to stick with the program. If this happens, the addiction treatment center will work with you to find a new level of care that meets your needs.

Intensive Outpatient May Not Be Right for Everyone

Intensive outpatient treatment may not be the right fit for everyone. If you have a strong support system at home, are highly motivated to stay sober, and have a good understanding of your triggers and how to avoid them, outpatient treatment may be enough.

However, if you don't have a strong support system, are struggling to stay sober, or don't feel like you understand your addiction well enough, intensive outpatient may be a better option. Alcohol treatment is different for everyone, so it's important to work with a treatment center to figure out what level of care is right for you.

Talk to Your Treatment Team About What's Right for You

The best way to decide if outpatient or intensive outpatient treatment is right for you is to talk to your treatment team. They will be able to assess your situation and make a recommendation based on what they think will be most successful for you. No matter what level of care you choose, know that there is help available and you can recover from addiction.

The Robert Alexander Center for Recovery

If you or a loved one is struggling with addiction, The Robert Alexander Center for Recovery can help. We offer both outpatient and intensive outpatient treatment so that you can choose the level of care that's right for you.

We understand that there is no magic, one-size-fits-all approach to treating the disease of addiction. Our focus is on the individual. We craft unique treatment plans for each client to ensure long-term success in recovery from substance abuse. From the first call to intake, to discharge, we are with you every step of the way.

The Robert Alexander Center for Recovery in Kentucky cares about you and your loved ones and we are here to help you find lasting, sustainable recovery from drug & alcohol abuse. Contact us today to learn more about our program and how we can help you on your journey to recovery.



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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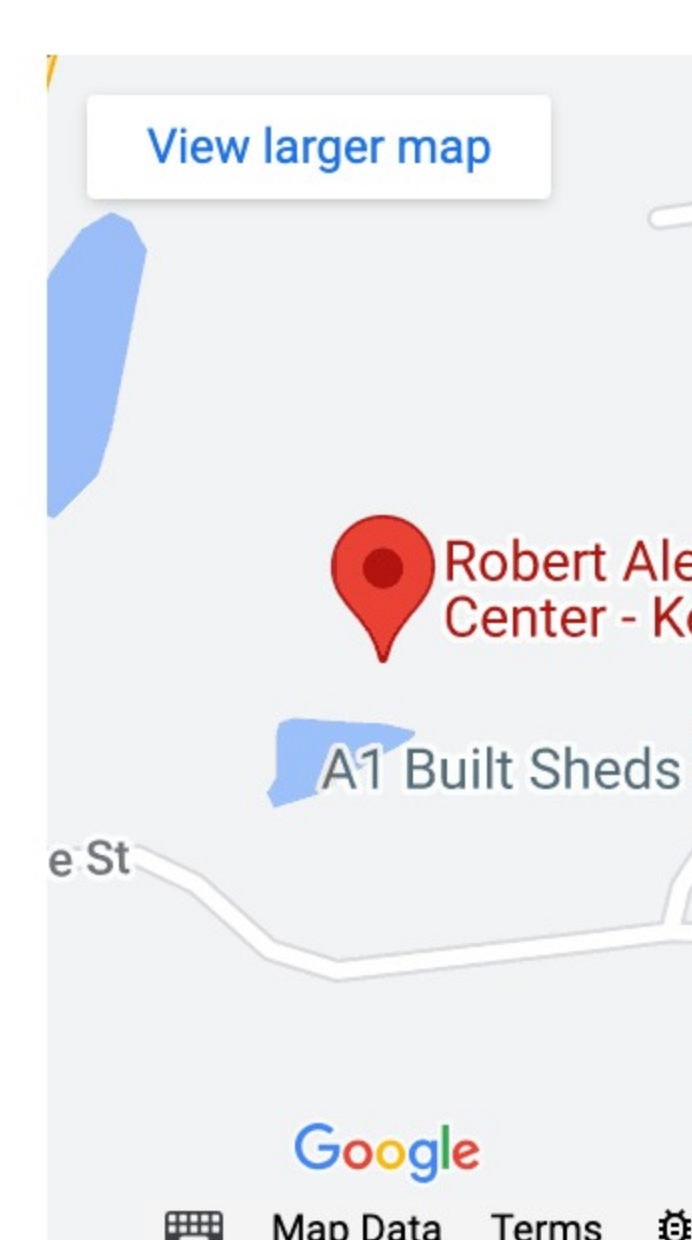
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