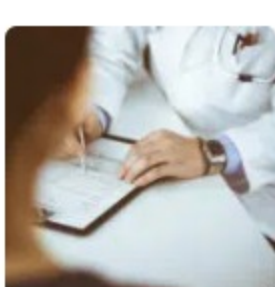


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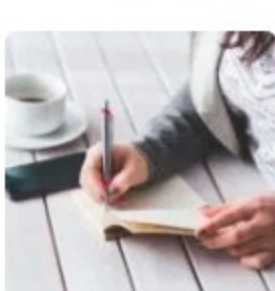
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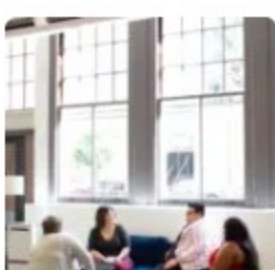
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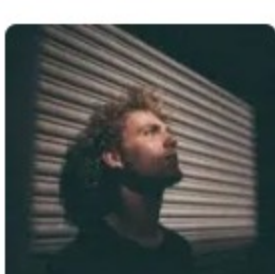
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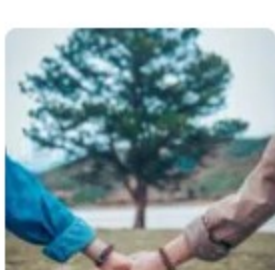
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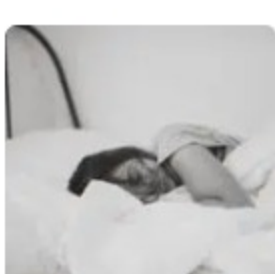
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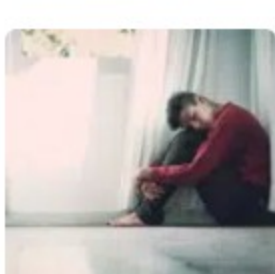
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What is the Difference Between Inpatient and Outpatient Rehab?

Nick - February 18, 2022

If you or a loved one are thinking about attending rehab, it is important to know the differences between inpatient and outpatient rehab. By selecting the correct rehab center for your needs, you have a higher chance of success and a reduced risk of relapse.

Impact IOP provides intensive outpatient and outpatient treatments for clients in the Louisville, KY area. As part of the larger Impact Wellness Network, the treatment program is connected with larger inpatient rehabilitation centers and provides state-of-the-art care for those in outpatient facilities.

Contact a recovery specialist today to see how our outpatient program can get you on the path to recovery.

What is the Difference Between Inpatient and Outpatient Rehab?

Inpatient rehab is a residential program where clients live at a facility while attending treatment. Outpatient rehab means the client lives in a safe location of their choosing and attends rehabilitation frequently or semi-frequently throughout the week.

The level of care has an even more significant impact than just where a person lives. It dictates how frequently an individual has access to medical support, how frequently they attend treatment, and what treatments are available through the rehab center. Often inpatient rehab will take place over 30 or 60 days, while outpatient rehabilitation programs often last 90 to 120 days, or more.

Additionally, inpatient rehab will offer a number of alternative health treatments that may or may not benefit someone on their rehabilitation journey. Outpatient rehabilitation focuses directly on evidence-based treatments proven to support individuals struggling with addiction.

What are the Benefits of Outpatient Addiction Treatment?

Outpatient rehabilitation can offer many benefits for individuals looking to make the change to a sober lifestyle. Outpatient addiction treatment is designed to provide ultimate support while clients maintain a semi-normal lifestyle. The benefits of outpatient addiction treatment include time and location, individualized treatment, and community building.

Time and location are two of the most important factors when it comes to the benefits of attending an outpatient rehab center. Outpatient treatment is often local and allows clients to maintain a semi-normal lifestyle while still working and living at home while attending addiction treatment. This is beneficial to clients who have a supportive home life and who are able to take time for themselves to heal. Clients who choose outpatient therapy also have more time. Depending on the severity of the addiction, clients may attend rehabilitation as few as two nights a week, or it could be every or every other night.

Another benefit of outpatient addiction treatment is the individualized treatment plan. Individuals attending outpatient treatment work with a counselor to develop an individualized treatment plan designed around their specific needs and designed to address their concerns through individual and group therapy. By planning, designing, and scheduling this treatment program, clients have greater peace of mind, the ability to focus, and the structure necessary for continued improvement.

Finally, one of the most beneficial aspects of outpatient addiction treatment is the ability to build an outside community. While individuals in inpatient rehab can build community, they may build relationships and need support with individuals who live hundreds of miles away. When building a community through outpatient rehab, all of the clients are local and can be private and public support. This helps clients remain steady and continue to progress throughout the program.

Who is Outpatient Addiction Treatment For?

Outpatient addiction treatment is beneficial for several categories of individuals:

- Those who have a mild substance use disorder.
- Those who have already completed an inpatient or residential program
- Those who have identified problematic use and are ready to make a change.

Clients who fit into these categories are most often the most successful in outpatient rehab. It provides the perfect level of structure necessary for successful rehabilitation without restricting too heavily, as an inpatient rehabilitation center would.

How to Find Outpatient Rehab in Louisville, KY

Outpatient rehab in Louisville, KY, is right around the corner. Impact IOP is an outpatient treatment program located in Louisville and designed with its clients in mind. Providing intensive outpatient

attend Impact IOP have access to traditional addiction therapy and progressive therapeutic treatments. Each individual treatment program is designed with the client's input and implemented with fidelity by medical professionals.

Connect with a recovery specialist now!

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