Debunking 8 Myths Surrounding Outpatient and Intensive Outpatient Addiction Treatment

by Louisville Addiction Treatment Center | Aug 26, 2023

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Despite what many may believe, outpatient and intensive outpatient addiction treatments are highly effective – but unfortunately, there is still quite a bit of misinformation circulating around the internet. Not only can this lead to confusion about what type of interventions work best for breaking addiction cycles, but it can also discourage those who need help from seeking out professional care.

We'll be debunking 8 common myths surrounding both types of treatments so that you can make an informed decision when considering treatment options for yourself or a loved one. We hope by these facts will put your mind at ease and encourage you to start on the path towards sustainable health.

Outpatient Treatment is Less Effective than Inpatient Treatment

The truth is that both outpatient and inpatient treatment can be effective for treating addiction, depending on the individual's needs. Research has shown that outpatient treatment can be just as effective as inpatient treatment for those with mild to moderate addictions. Additionally, research has found that intensive outpatient programs (IOPs) may be more effective at preventing relapse than traditional outpatient programs.

Outpatient Treatment is Only Appropriate for Mild Addictions

Outpatient treatment can be beneficial for individuals with mild to severe addictions. The type of treatment and intensity of care should be based on the individual's unique needs and situation. For example, an individual with a mild addiction may benefit from a traditional outpatient program, while someone with a more severe addiction may need an intensive outpatient program or even inpatient treatment.

Outpatient Treatment is Cheaper Than Inpatient Treatment

While it is true that outpatient treatment tends to be less expensive than inpatient treatment due to the lower cost of care, this does not mean that it is always cheaper. The cost of care depends on many factors such as the type of program and length of stay, so it is important to compare prices between different types of programs before making a decision.

Outpatient Requires Too Much Time

Outpatient treatment does require time commitment from the patient, but it does not have to take up too much time each week. Most traditional outpatient programs meet once or twice per week for one or two hours per session, while intensive outpatient programs typically require three or more hours per day several days per week.

Outpatient Programs Don't Offer Enough Support

Outpatient programs offer plenty of support for individuals struggling with addiction, including group therapy sessions and individual counseling sessions with licensed therapists and counselors who specialize in addiction recovery. Many programs also offer family therapy sessions so that loved ones can receive support during the recovery process as well.

You Have To Be Sober Before Starting Outpatient Treatment

It is not necessary to be completely sober before starting an outpatient program; however, individuals should have some level of sobriety prior to entering into treatment in order to get the most out of their experience and ensure their safety during group activities or outings outside the facility walls.

It is also important that individuals abstain from drugs and alcohol during their time in treatment in order for them to make progress towards their recovery goals.

There Is No Follow-Up Care After Completing An Outpatient Program

After completing an outpatient program, individuals will continue to receive follow-up care through aftercare services such as 12-step meetings, peer support groups , alumni events , relapse prevention classes, and ongoing counseling sessions .

These services help individuals maintain their sobriety after leaving the program by providing them with continued support and resources they need to remain successful in their recovery journey.

Outpatient Programs Are Only For People With Substance Use Disorders

Outpatient programs are beneficial for people struggling with all types of mental health issues including depression, anxiety, bipolar disorder, eating disorders, trauma, PTSD, personality disorders, etc., not just substance use disorders. These types of programs provide evidence-based treatments such as cognitive behavioral therapy (CBT) which can help individuals learn how to manage symptoms related to these issues more effectively.

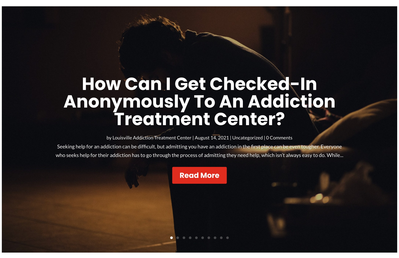
Contact Impact Wellness Network Today

Addiction treatment programs bring hope and healing for those struggling with addiction. Both outpatient and intensive outpatient treatments provide options to support individuals as they work towards long-term recovery.

Although outpatient and intensive outpatient treatments have various differences, most importantly, they both recognize that each person's needs are unique and individualized treatment may lead to the most chances of long-term recovery.

Contact Impact Wellness Network today to explore if our services can help you reach your goals.

Our Latest Posts



Our Video's

IMPACT OUTPATIENT PROGRAM

Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

Get In Touch

Mount Washington, Kentucky

(502) 912-1038

WE WORK WITH MOST INSURANCE

Verify My Insurance