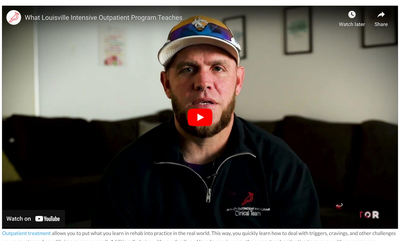
Outpatient Rehab and Treatment Options in Kentucky

by Louisville Addiction Treatment Center | May 3, 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.

Dealing with addiction is difficult, whether it's you or a loved one who's affected. Left unchecked, addiction to either drugs or alcohol can end up wreaking havoc on your life, health, career, and relationships. The easiest and most effective way to beat addiction is to enter an addiction treatment program.

These treatment programs can be broadly divided into residential/inpatient treatment or outpatient treatment programs. The main difference between the two is that with residential treatment, you have to live at the rehab facility for the duration of your treatment. With outpatient treatment, you get to attend your therapy or treatment sessions and then go back home at the end of the day. This means you don't have to disrupt your daily life and you can go on with your job, school, or family commitments.



Outpatient treatment allows you to put what you learn in rehab into practice in the real world. This way, you quickly learn how to deal with triggers, cravings, and other challenges you encounter and your life improves as a result. Additionally, being with your family and loved ones gives you the support and motivation to carry on with your recovery.

Outpatient Rehab Treatment Options in Kentucky

If you're looking for flexibility, privacy, and quality addiction treatment, Impact Outpatient Program can meet your needs. We specialize in providing individualized and evidence-based outpatient treatment in Kentucky. Our focus is on helping everyone who walks through our doors find a path to lasting and sustainable sobriety.

Our outpatient drug and alcohol rehab options include:

Partial Hospitalization Program (PHP)

This addiction treatment program offers similar services and behavioral therapies as inpatient treatment. Treatment is intense and runs for several hours a day, at least 5 days a week. This is ideal for those who are just starting to transition back to their lives after residential treatment

Intensive Outpatient Program (IOP)

Intensive outpatient rehab is designed as a step down from PHP or for those who need more intense treatment than what's offered in a traditional outpatient setup.

Outpatient Program

This is the program that offers the most flexibility, and freedom for our clients. This type of rehab treatment is meant for those who are highly motivated and have mild substance abuse that doesn't require intense treatment or supervision.

Some of the services offered at these outpatient programs include individual and group counseling, family therapy, and relapse prevention.

All our outpatient rehab programs come with a telemedicine option where clients can attend treatment virtually. This makes it more convenient for those who can't make it for in-person therapy sessions to still keep up with their treatment wherever they are. Addiction can take a toll on your life, leaving you a pale shadow of the person you used to be. Fight back today by receiving outpatient rehab treatment at Impact Outpatient Program in Louisville, Kentucky. Contact us today and we'll be glad to guide you on your recovery journey.

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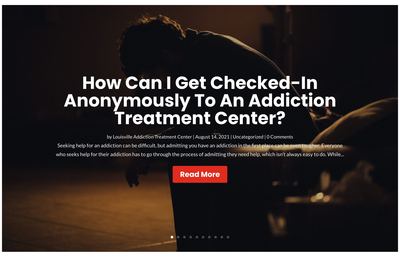

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IMPACT OUTPATIENT PROGRAM

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

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