How to Find the Right Intensive Outpatient Treatment Program for You

by Louisville Addiction Treatment Center | Oct 9, 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.

The decision to go to rehab shouldn't be taken lightly. You should do your due diligence to ensure that the treatment program you choose suits your addiction and recovery needs.

Here's how to find the right intensive outpatient treatment program (IOP) for you:

Assess your needs

Start by evaluating your specific situation and needs. You need to take into account the substance you're addicted to, the severity of your addiction, and any personal commitments you have e.g., work or family. This self-assessment will guide you in choosing the right IOP that meets as many of your needs as possible.

Review costs and insurance

You'll need to consider your budget and the financial aspects of the IOP. This includes how much the program will cost, whether they accept your insurance, and whether you'll incur any out-of-pocket expenses. Contact your insurance provider to find out whether they'll cover the treatment to avoid any surprise costs.

Research treatment centers

Research reputable addiction treatment centers in your area or in locations that are convenient for you. Look for rehabs that specialize in treating the type of addiction you have and those with a good track record. Reading reviews or asking for referrals from friends or healthcare professionals can point you in the right direction.

Verify credentials and licensing

Make sure that the IOP you're considering is offered by a properly licensed treatment center with qualified professionals. Having the right credentials and accreditation shows that the facility adheres to industry standards and employs licensed staff who have the requisite expertise in addiction treatment.

Consider your schedule

You'll need to find an IOP that fits in with your schedule. This may mean attending day or evening IOPs depending on your responsibilities. You may also choose an IOP that offers virtual telemedicine sessions for those times you may not make it for the in-person sessions.

Assess the treatment approach

Look for a treatment center that uses evidence-based treatment programs and procedures, including the IOP. You may also want an IOP that offers aftercare services to ensure you have ongoing support to maintain sobriety after completing the initial program.

Visit the facility

Before committing to a particular IOP, schedule time for a physical visit. This will give you a chance to get the feel of the place for yourself, meet the staff, and ask any questions you may have.

Take the First Step Towards Recovery Today

Attending an intensive outpatient program is a huge step towards beating addiction and you should take care to choose one that suits your needs. At Impact Outpatient Program in Louisville, we offer both intensive outpatient treatment and outpatient programs that provide individualized treatment plans, same-day admissions, and qualified staff. We pride ourselves on offering quality addiction treatment and care to all who need it. Call us today to get started on your recovery.

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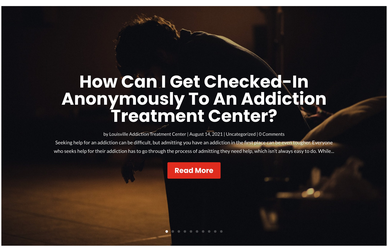

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IMPACT OUTPATIENT PROGRAM

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

(502) 912-1038

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- Women
- Professionals
- LGBTQ+
- College Students
- Veterans

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- Frankfort, KY
- Bowling Green, KY
- Lexington, KY
- Louisville, KY
- Richmond, KY

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- Alcohol
- Opioid
- Meth
- Cocaine
- Heroin
- Benzo
- Oxycodone
- Percocet
- Xanax

Therapies

- Medication-Assisted
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