



Benefits of Outpatient Rehab Centers

Once you start to look at the drug and alcohol treatment options available, you might feel overwhelmed by the sheer number of options and the terminology. The **treatment options** include inpatient detox units, inpatient rehab facilities, outpatient rehab centers, **sober living houses**, and recovery peer support. Deciding on what level of treatment best fits you, your personal circumstances, and your addiction is a crucial decision in early sobriety. At Evolve Indy, we are here to help you navigate the options and make the best choice.

What Are Outpatient Rehab Centers?

Outpatient rehab centers are rehab centers that offer drug treatment on an outpatient basis; you don't have to stay at the facility overnight. Outpatient therapy is often less expensive than inpatient treatment but can be as effective. Not all outpatient rehab centers have the same offerings, so it is vital to determine what is included. Some outpatient programs are considered low-intensity and focus more on drug education; others are intensive and comparable to inpatient treatment. Intensive outpatient rehab centers offer many of the same inpatient treatment services, including case management, individual therapy, group therapy, educational programs, drug screens, and pharmacotherapy. Additionally, outpatient drug rehab programs can be longer than inpatient drug rehab, giving you support for an extended period of your early sobriety.

How Do They Differ From Inpatient Rehab?

The super-easy answer is that inpatient rehab requires you to stay overnight at the rehab facility while the outpatient does not. However, this answer oversimplifies the differences and fails to acknowledge the similarities. The most significant difference between the two is that you can attend treatment at an outpatient drug rehab center while continuing to fulfill your outside responsibilities for your employment or your family. The added benefit is that you would satisfy those responsibilities with an additional support system to help you navigate life in sobriety. Inpatient treatment requires that you remove yourself from your life and focus solely on your recovery. Your own personal circumstances will help you determine the most appropriate treatment for you.

Who Should Go to an Outpatient Drug Rehab Center?

Research has demonstrated that outpatient drug rehab centers can be as effective as inpatient drug rehab centers. Outpatient drug rehab can be a part of a treatment plan that might begin with detox and/or inpatient treatment. Alternatively, outpatient drug rehab can be attended in place of inpatient rehab. Outpatient rehab, particularly intensive outpatient rehab, can be an excellent fit for those who must continue to work or provide care for their children. Outpatient rehab also often enables individuals to get treatment at a more affordable cost and helps create a support network while maintaining their outside responsibilities.

Depending on your drug of choice, the length of your addiction, and your circumstances, your treatment plan may include multiple options so that you can position yourself for success in sobriety. You might begin with detox and move on to an intensive outpatient program. Later you might decide that you need the support of a sober living environment. Your decisions about the best treatment plan may change as you work your way through early sobriety, and that's okay. We're here to help you make those decisions and to support you in your sober life.

Get Help at Evolve Indy


At **Evolve Indy**, we have programs to meet your needs, and we care about your success in recovery. We have a wide range of programs to meet your needs, including an **Intensive Outpatient Program (IOP)**, Outpatient Addiction Treatment (OP), Community Housing, and **Family Therapy Addiction Treatment**. **Contact us** today to see how we can best support you in your journey to sobriety.

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Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.



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