

EVOLVE INDY

2. Alcohol Treatment

3. Blog

1

5. What Are Intensive Outpatient Drug Rehab Centers in Terre Haute, Indiana?

others explore outpatient treatment. Many rely upon peer support recovery groups. In the end, you might choose a path that takes pieces from different methods. You can choose to begin getting help from a drug rehab center in Terre Haute, Indiana, and follow that up with attending peer support recovery group meetings. Evolve Indy is here to help you get and stay on the road to recovery whatever path you choose.

Once you decide to get sober, you'll have options for how and where. Some choose to get sober in an inpatient or residential setting, while

What Are Intensive Outpatient Drug Rehab Centers in Terre Haute Indiana?

Intensive outpatient drug rehabs offer treatment programs that are an alternative to inpatient and residential treatment. Often referred to as IOPs, intensive programs work best for those who do not require 24-hour supervision during treatment. Intensive outpatient programs can be sandwiched between detox and aftercare to ensure maximum success in sobriety. Researchers have found that intensive outpatient programs are equally as effective as inpatient or residential treatment options.

Intensive outpatient drug rehab centers in Terre Haute, Indiana, offer many of the same therapies and treatment options that are found in an

inpatient setting. You can expect to attend individual and group therapy, skills groups, and more. You'll learn the importance of movement and nutrition in the care of your body. Additionally, you'll learn how movement, meditation, and mindfulness can help you to stay sober long after you leave treatment. Intensive outpatient drug rehab centers afford you the benefits of an inpatient program at a lower cost and with a lower time commitment. You've likely already lost too much time with your family because of your addiction. Attending an intensive outpatient program allows you to be present for them as you work on your recovery.

Why You Should Go to an Intensive Outpatient Drug Rehab Recovery is about breaking free of the isolation that is addiction. At Evolve Indy, we will help you examine your addiction and help you identify

the best path forward. Intensive outpatient drug rehab in Terre Haute, Indiana, can help connect with others on a similar path. During intensive outpatient treatment, you will explore the thought patterns and behaviors that led you to and kept you in your active addiction. Identifying these patterns will help you to develop new thought patterns, beliefs, and coping mechanisms to help you stay sober. During your participation in an intensive outpatient program, you'll have the benefit of participating in treatment while you are continuing to engage with your life. You'll have the ability to bring your day-to-day life problems and stressors to treatment and work through these issues with support. At the same time, we will help you to identify resources for you to use when treatment is complete. We're not here just to get you sober; we're here to help you learn

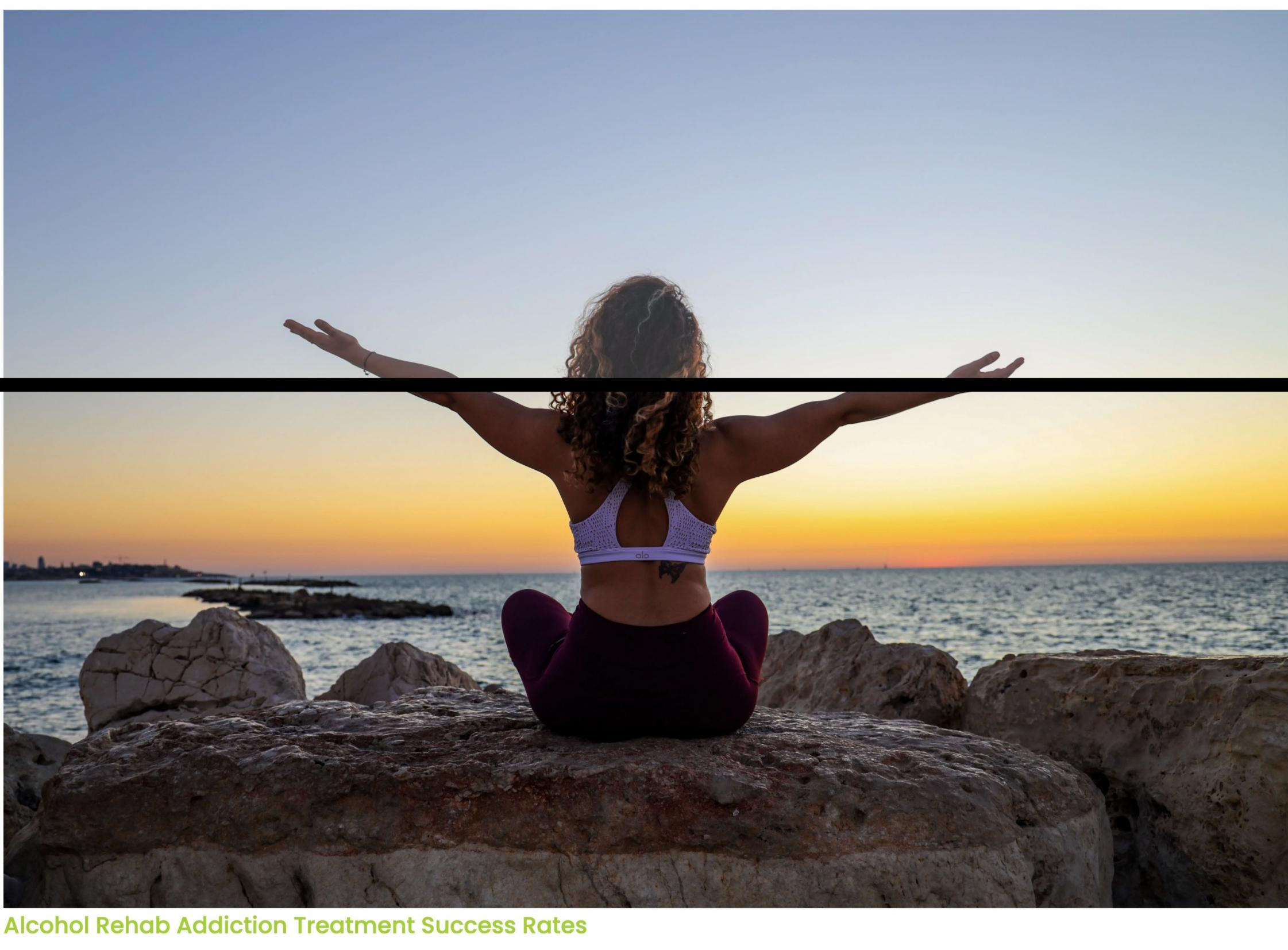
Benefits of Getting Sober at Evolve Indy You can trust Evolve Indy with your recovery. We have a wide range of programs to meet your needs to support your recovery success. We

have a variety of treatment plans offering differing levels of support. Our midwest treatment center includes a Partial Hospitalization Program (PHP), an Intensive Outpatient Program (IOP), Outpatient Addiction Treatment (OP), Community Housing, and Family Therapy Addiction Treatment. Our programs offer expert-level therapy combined with multiple methods to treat the root causes of addiction. Our treatment staff will work with you to identify a tailored treatment plan that meets you where you and gets you to where you want to go. Contact us today to see how we can best support you on your path to sobriety.

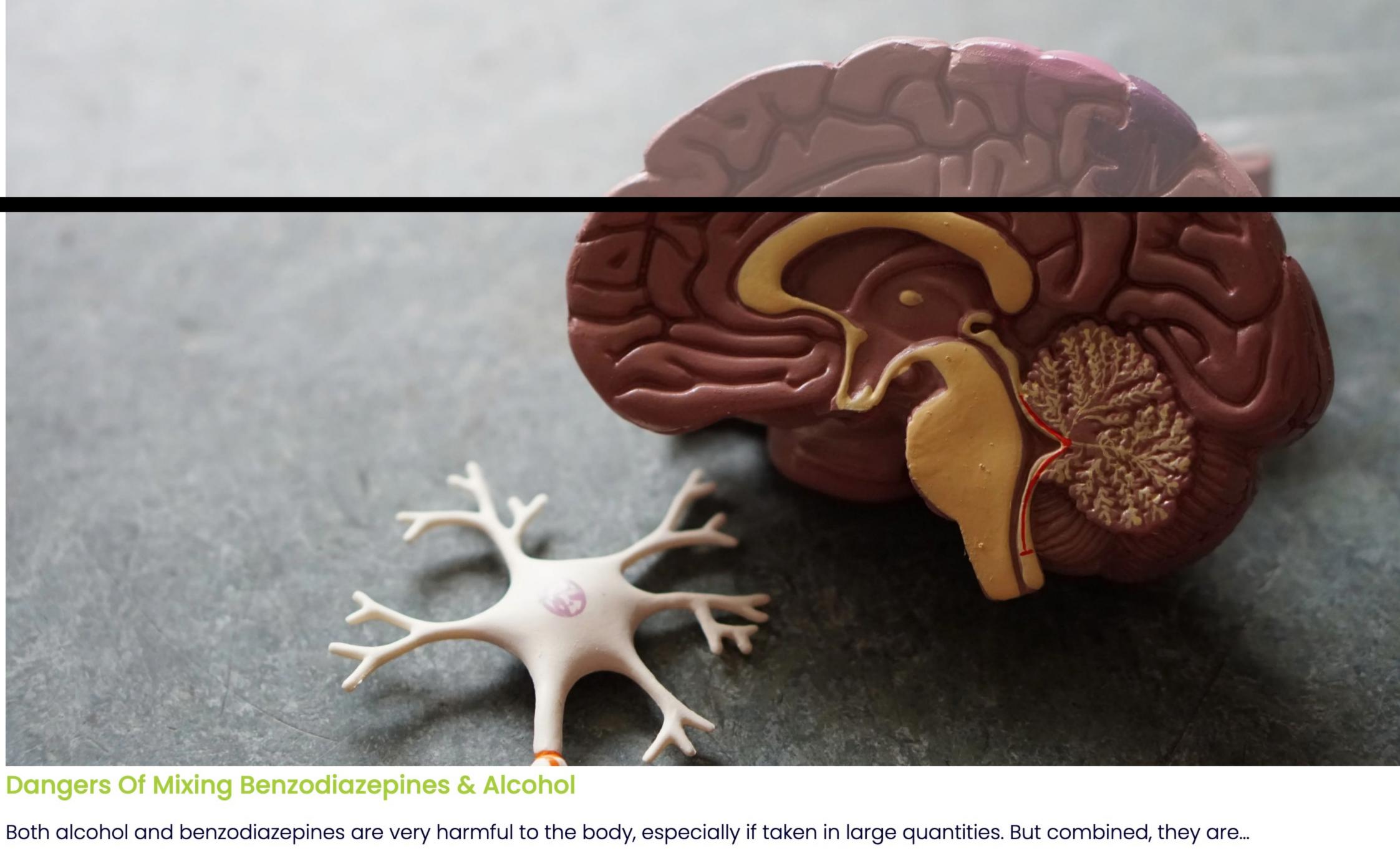
Related Posts



If you have an addiction of any kind, and you have come to realize that it is time to do...



Alcohol is one of the most widely used and abused drugs in the world. If you have a problem with...



Our Videos



Call us at: 1-855-495-1063

Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

Evolve Indy is a Joint Commission Accredited,





Navigation

About
Treatment
Tour Facility
Admissions

Home

Blog

Contact

Get In Touch

8770 Guion Rd SuiteB, Indianapolis, IN 46268

Open 24 Hours a Day, 7 Days a Week

