

By The Professionals At Evolve Indy

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If you or a loved one is struggling with addiction and in need of help, there are many options available to you. Understanding these options will help you know which one is the best course of action. This knowledge is invaluable as you strive to get life back on track and find the appropriate support.

What is an Intensive Outpatient Program For Those Seeking Help?

An [intensive outpatient program](#) or IOP is usually one step of many during a treatment plan. An IOP is typically the next step on a patient's journey after a [partial hospitalization program](#) or PHP. A residential program or inpatient program will remind you of a hospital setting, but an IOP is different. Instead of being restricted like in a hospital, they will be able to get back to their regular life while still getting the help and support they need.

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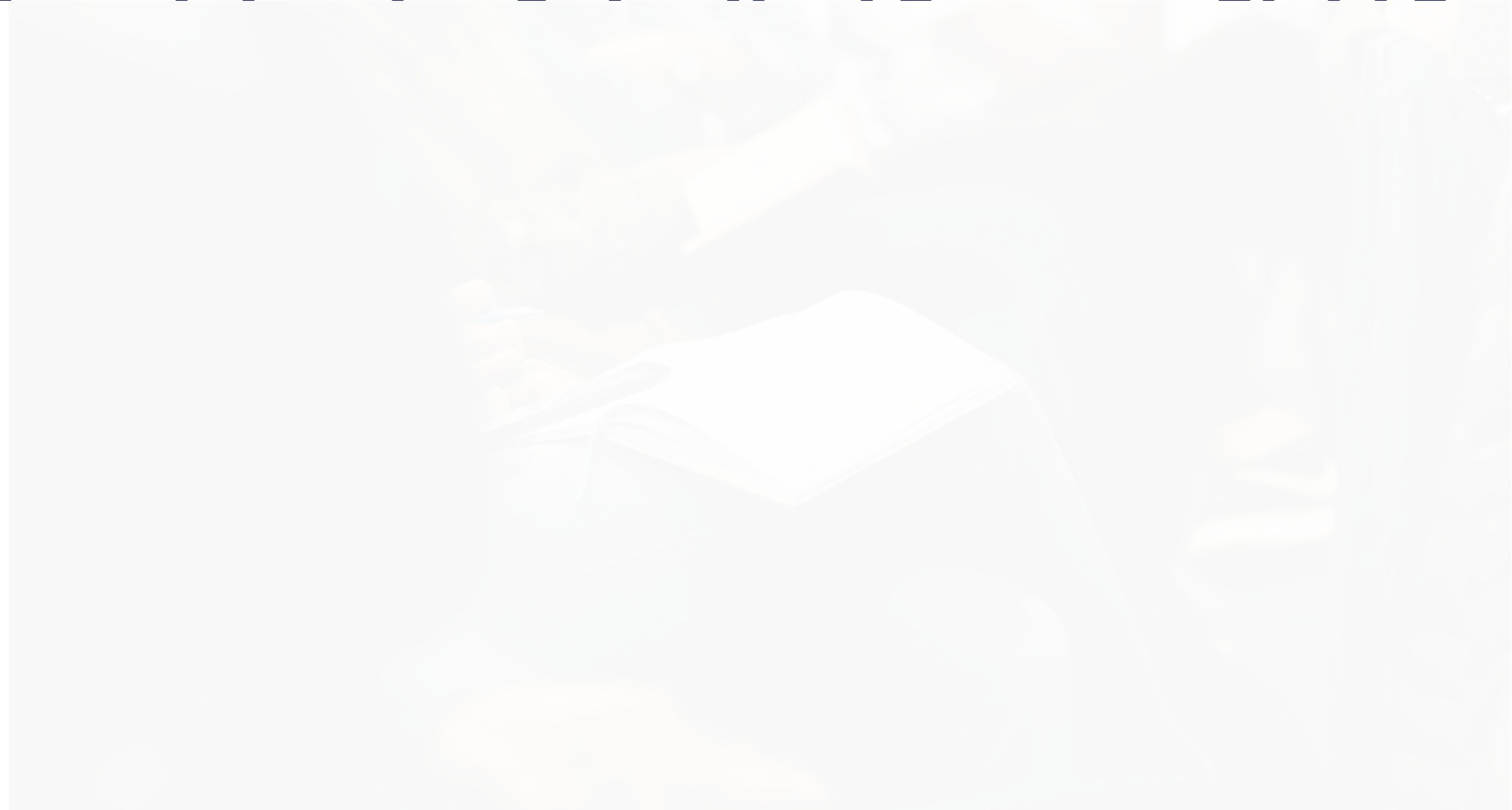
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