

By The Professionals At Evolve Indy

3. What We See In The Outpatient Rehab Programs

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Receiving proper treatment is crucial if someone struggling with addiction hopes to beat their addiction. At Evolve Indy, we offer different levels

of addiction treatment depending on individual needs as well as the type and severity of the addiction. The addiction treatment programs offered at our Indiana rehab range from residential treatment to partial hospitalization and eventually outpatient rehab programs.

The outpatient rehab program is designed as a step-down for those who have successfully completed an intensive outpatient program. This is for people who have transitioned back into their daily lives and have become more independent in the community, perhaps holding down a job and have stable housing.

Those enrolled in our outpatient addiction treatment program have to attend a combination of group and individual therapy sessions. They

start out with 1 to 3 group therapy sessions weekly in addition to seeing their primary therapist once a week. As the individual improves the therapy sessions are gradually scaled down to once every two weeks then every other week and eventually once a month. Family therapy sessions can also be scheduled as needed. During this progression, the client is monitored to ensure they are successfully transitioning back to their normal lives.

Who Is Eligible For Outpatient Rehab Programs? Our outpatient treatment program is less intense than other programs we offer. Since this is the last part of our program, those at the

outpatient level of care are more independent in their respective communities and our goal is to mainly ensure they are making a comfortable transition. Ideal clients for this level of care are those who have:

Completed inpatient or intensive outpatient treatment.

- Mild issues with substance abuse.
- Enough discipline to attend all the required sessions. Few incidences of relapse.
- A stable living situation including a robust support system.

Get in Touch With Our Team Today Here at Evolve Indy in Indianapolis, Indiana, the well-being of our clients is our top priority. At our outpatient level of care, you can expect to

benefit from evidence-based addiction treatment in a non-residential setting. We provide you with outpatient addiction treatment that is structured around your individual recovery needs. This gives you the flexibility and freedom to keep attending treatment without being away from home or neglecting your responsibilities. The group and individual therapy sessions you attend will address relapse and addiction triggers as well as empower you with the coping skills

needed to deal with your triggers and prevent relapse. Additionally, we will integrate you into our aftercare program for easy follow-up to

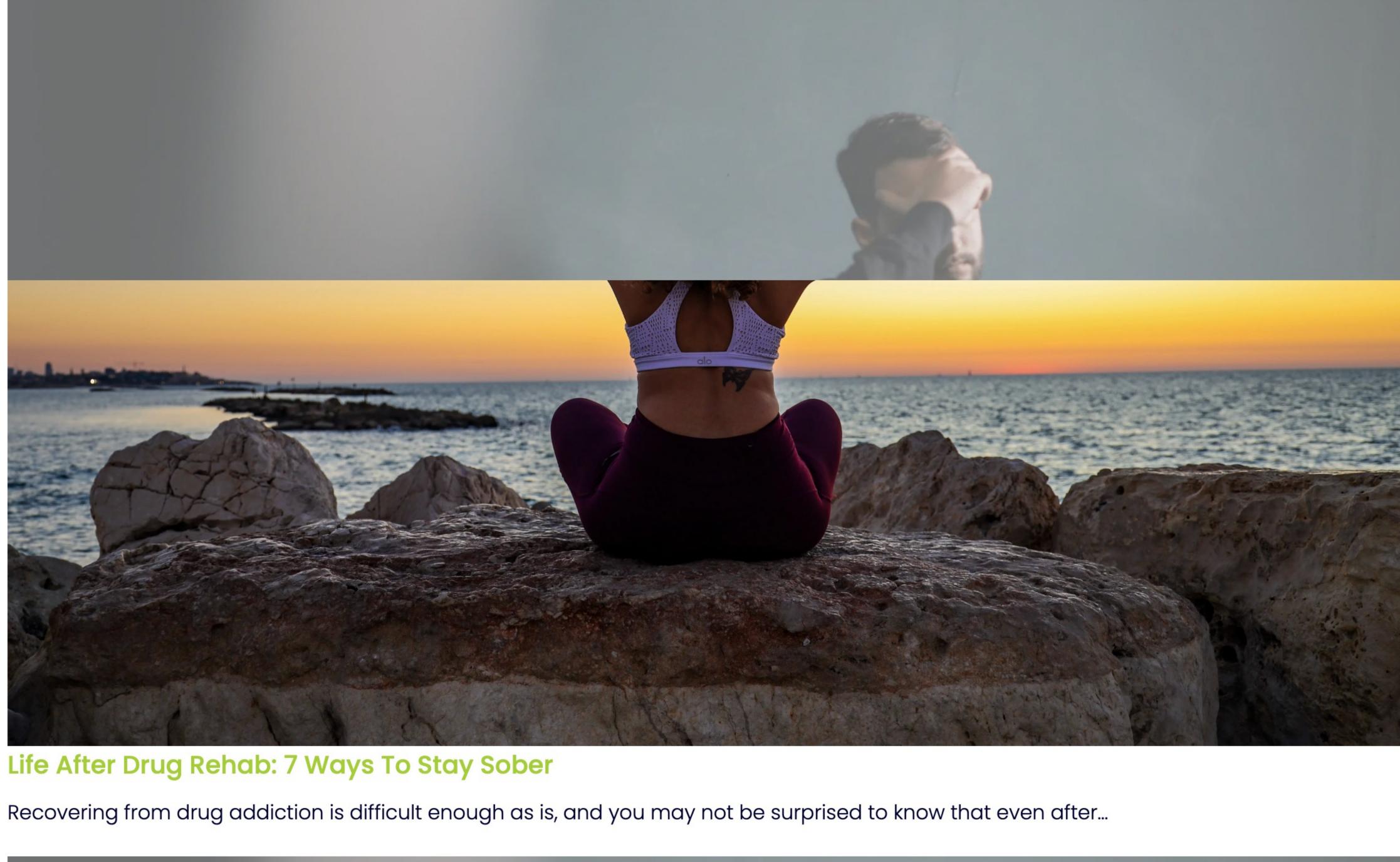
ensure that you're still hitting your treatment goals and are remaining sober even after graduating from our rehab facility. If you or a loved one is struggling with addiction and would like more information on how to deal with it, don't hesitate to get in touch with us. We

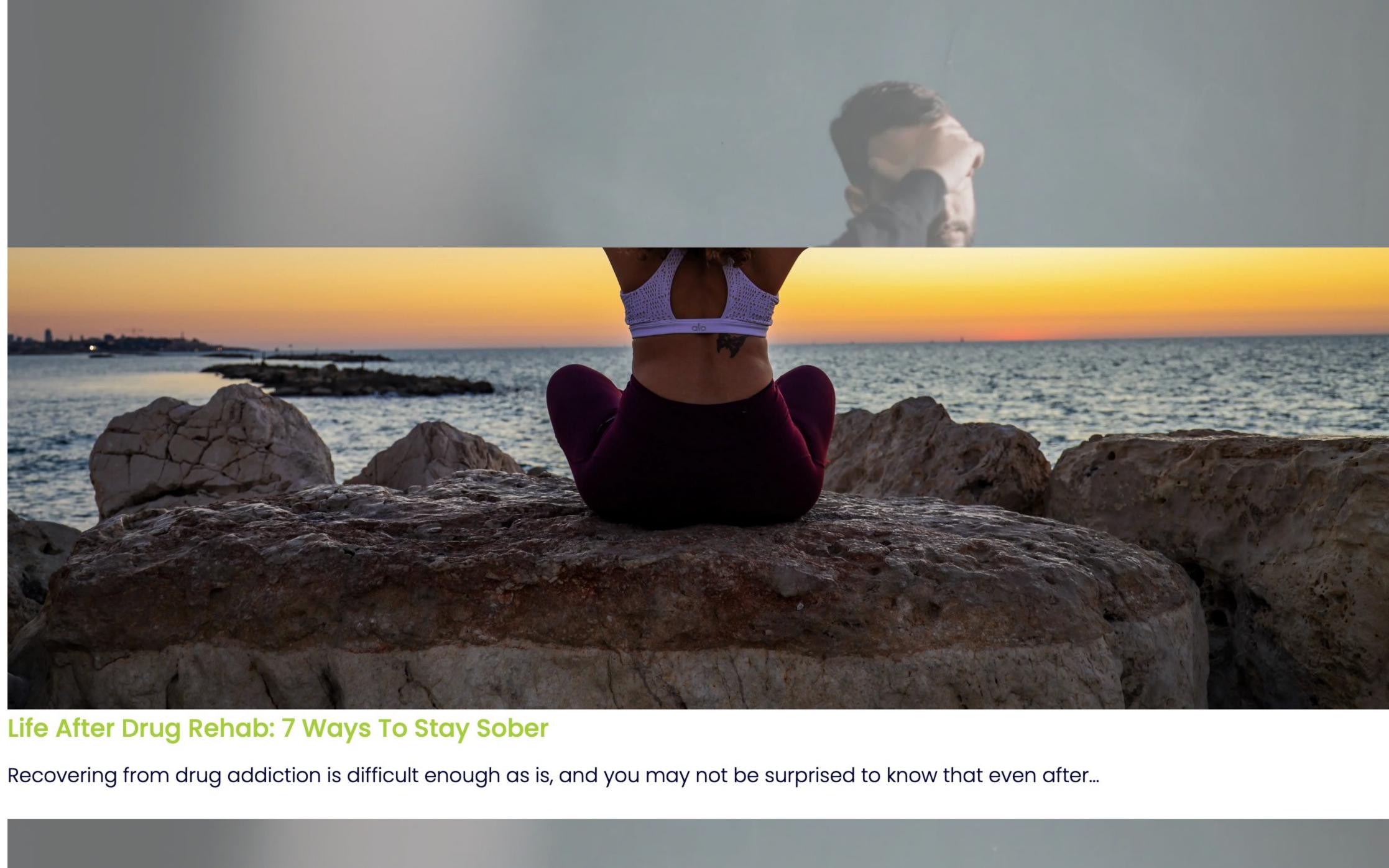
at Evolve Indy are ready to help so schedule an appointment with us today!

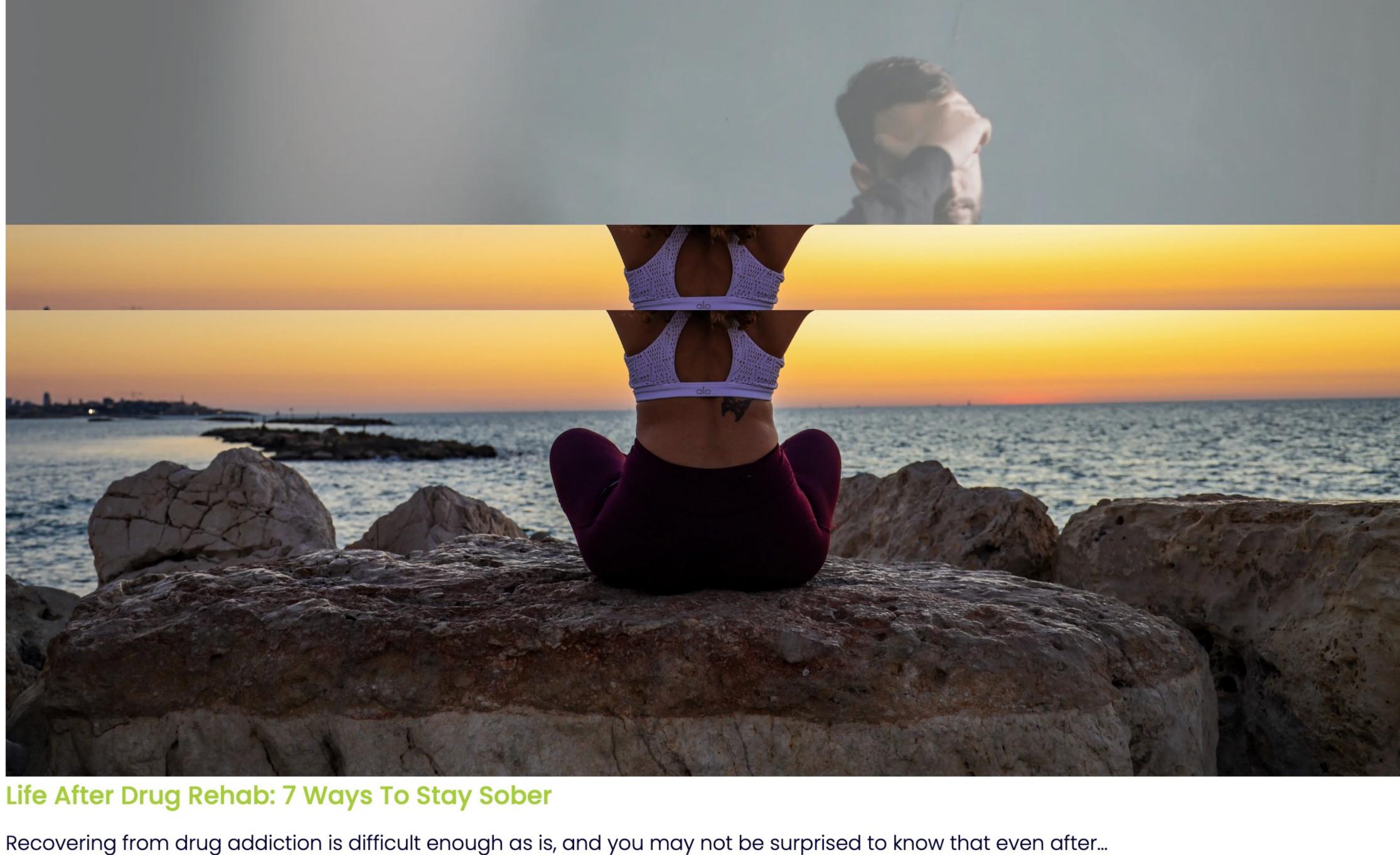
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