

How to Find the Best IOP Treatment near Louisville, Kentucky

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If you or someone you love is struggling with addiction, many customized rehab programs can give you the therapy you need. With an [IOP treatment near Louisville, Kentucky](#), you can get inpatient-quality therapy with the comfort and convenience of outpatient rehab.

What is IOP?

A doctor or medical professional usually recommends IOP after undergoing an initial medical assessment. It is important to know that IOP is a good fit, and the medical assessment can help make that determination. Intensive outpatient treatment (IOP) is an alternative to inpatient or outpatient treatments. As the name suggests, it is an outpatient treatment option which means you don't have to live at a rehab center for weeks or months at a time. With an IOP treatment near Louisville, Kentucky, you can remain at home but still undergo the more intensive therapies offered by inpatient programs. Much like an inpatient program, you get a combination of group therapy or counseling that is spread over three days rather than once per week.

Is IOP Rehab Right for Me?

A doctor or medical professional usually recommends IOP after you have undergone an initial medical assessment. It is important to know that IOP is a good fit, and the medical assessment can help make that determination.

IOP is a good option if:

- You are not able to or do not want to quit work or leave for months at a time
- You want to remain close to your family and home
- You are able to abstain from drugs and alcohol in your environment
- You are unable or unwilling to spend money on expensive inpatient programs

An essential part of IOP is similar to any outpatient treatment: attending your sessions regularly and attending group meetings like NA or AA. This type of treatment really requires you to have a stable living environment, one where triggers or access to drugs and alcohol are limited. You also need to have good transportation to and from your meetings and therapy sessions.

What to Look for in IOP Rehab

If you are looking for the best IOP treatment near Louisville, Kentucky, there are a few factors to consider:

Specialty

Most people don't suffer from one addiction, they suffer from two or three. Maybe you have used a handful of drugs and want to get clean. Dual diagnosis centers can offer treatment that covers all of your issues, not just one of them.

Therapy Programs

A good IOP rehab will offer customized therapy, be it family therapy to address dysfunctional relationships that encourage drug use or individual therapy to help tackle the causes of addiction. A significant aspect of many therapy programs is the use of a 12-step program. This can be the AA or Alcoholics Anonymous 12-step program, NA or Narcotics Anonymous 12-step program or both depending on your situation.

Long Term Skills

Finally, you want to look for long-term skills. Relapses happen, and they are more likely to happen with shorter outpatient procedures if you don't have the right skills to manage your stress and your triggers once you get back to your daily life. That is why reputable programs will offer socialization skills and life skills to help you deal with stress or the temptation to self-medicate with drugs and alcohol. [Top-tier IOP programs](#) will include relapse prevention education so that you know what signs to look for when a relapse is on the horizon and what steps to take to avoid it.

IOP Rehab Near Louisville, Kentucky

If you, or someone you know, needs help with addiction, call us. We offer a [comprehensive addiction treatment center](#) that offers a wide range of customizable treatment options. At Evolve Indy, we provide care for [drug and alcohol addiction](#) through:

- Relapse prevention education
- Socialization and life skills
- 12-step programs
- Family therapy, individual therapy, and group therapy
- Dual-diagnosis treatment

Let our team conduct an assessment and see if [IOP rehab](#) is the right choice for you. We will do what we can to give you the tools to succeed.

We don't want you judged by your addiction. We want to help you overcome it. When you are ready to take action, we are here. [Contact us 24/7](#) for a consultation.

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Call us at: 1-855-495-1063

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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