

# Outpatient Treatment and Rehab Services Offered in Indiana

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The most effective way to recover and rebuild your life after addiction is by checking into an addiction treatment program. There are all kinds of treatment programs designed to cater to different addictions and lifestyles. These range from inpatient or residential treatment where you stay 24/7 at the rehab facility to outpatient treatment.

Outpatient treatment is designed to offer flexibility to those who wish to keep up with their responsibilities while still receiving treatment. Outpatient addiction treatment programs are less intense and the focus is on helping the individual recover around their regular schedule. In most cases, these programs are a step down from residential, [partial hospitalization](#) and [intensive outpatient treatment](#).



The definitive characteristic of outpatient treatment is that treatment doesn't affect an individual's daily life. They can still attend school or work and continue to be there for their families while still undergoing treatment. Those in outpatient programs have to attend therapy sessions a few hours a day on certain days of the week, leaving plenty of time for them to pursue other aspects of their lives.

Other than flexibility, outpatient treatment also allows individuals to put into practice the skills learned in rehab and learn to live drug-free outside of the intense supervision provided by other addiction treatment programs.

## Who Is Outpatient Treatment Suitable For?

Outpatient treatment is the best option for those who:

- Have no dual-diagnosis or medical complications
- Have mild to moderate addiction
- Are committed to commuting and sticking to the treatment schedule
- Have a robust support system at home as well as a healthy home environment
- Haven't relapsed or defaulted on treatment
- Have no significant withdrawal symptoms

## Outpatient Rehab Services in Indiana

At [Evolve Indy](#), we pride ourselves on offering high-quality [outpatient rehab treatment services in Indiana](#). Our addiction specialists are experienced, compassionate and highly trained and know how to guide patients to recovery.

Some of the outpatient addiction treatment services we offer include:

### Counseling

We employ both group and individual counseling in our treatment program. During group counseling, patients get to share their experiences and bond with others undergoing the same challenges. These therapy sessions are usually moderated by a trained therapist and are a great way for patients to learn how to open up and interact with others.

Individual therapy involves one-on-one sessions with a therapist. Here the focus is on setting recovery goals and checking up on the progress. These sessions are also ideal for uncovering and working on the root causes of addiction.

### Family therapy

These sessions are designed to help families struggling with an addiction of one of their own. During [family therapy](#) sessions, families learn about addiction and work on rebuilding their broken relationships by establishing boundaries and better communication.

### Behavioral therapy

As part of our treatment, we use cognitive behavioral therapy to help patients recognize harmful thought and behavior patterns and to replace them with healthier ones as they recover.

Living a life free of addiction is possible with help from Evolve Indy's outpatient treatment program in Indiana. Contact us today and we'll be glad to help you get started on your recovery.




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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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