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What is the Difference Between an IOP and PHP Rehab Program?

by Evolve Indy | Apr 8, 2022 | Drug Treatment | 0 comments



When it comes to getting addiction treatment, it is best to find rehabilitative treatment in a facility that meets your specific needs. Individuals looking for addiction treatment based on the money available and not based on their needs often find that they are unsuccessful and spend more money before finding how to live a sustainably sober lifestyle.

Individuals who are ready for addiction treatment designed to meet their needs should consider Intensive Outpatient Programs and Partial Hospitalization Programs. They are designed to support clients with more intensity than those in outpatient treatment but with fewer restrictions than those in inpatient treatment.

Contact Evolve Indy today to see if our outpatient programs are the right fit for your addiction treatment needs.

What are the Levels of Substance Abuse Treatment?



There are multiple levels of substance abuse treatment that are designed to meet the needs of individuals with different addiction needs. Those with the most severe addiction disorders require inpatient treatment, while those with mild conditions can benefit from outpatient treatment. But what happens to individuals in the middle?

Individuals with moderate substance use disorders who do not require inpatient treatment but need more support than self-motivated weekly outpatient treatment can benefit from therapy designed to meet the needs of individuals in the middle. These clients can benefit from intensive outpatient treatment and partial hospitalization programs. By choosing a moderate level of support, clients can beneficially achieve sobriety to their needs.

Outpatient treatment is best for individuals with mild substance use disorders and requires individuals to be very motivated in their recovery process. Individuals may also benefit from outpatient treatment if they have already completed more intensive treatment programs. Outpatient treatment requires personal motivation and fosters an individual focus on personal development.

Intensive outpatient treatment is at the opposite end of the spectrum. Individuals who have multiple indicators of severe addiction often require addiction treatment that keeps them safe and away from drugs due to intense cravings and the availability of drugs or alcohol. This level of treatment combines specialized individual therapy, group therapy, and other holistic treatments that can provide education and support for recovery.

What is the Difference Between an IOP and PHP Rehab Program?



Intensive outpatient programs (IOP) and partial hospitalization programs (PHP) offer mid-level support for rehabilitation. In these two programs, individuals who may need more help than outpatient treatment but don't require intensive support as inpatient treatment will find that IOP and PHP rehabilitation is often ideal.

Partial Hospitalization Programs are more intensive than IOPs. Clients in PHPs are often just starting their rehabilitation journey. They require intensive daily treatment but can return home in the evenings and are responsible for returning for treatment at scheduled times. PHPs often take 25-30 hours per week and last several weeks as necessary.

Clients in intensive outpatient programs often have completed inpatient treatment or partial hospitalization programs. Therefore, it is focused on continuous learning and support. In addition, clients work on transitioning from more intensive therapy into less intensive and more appropriate treatment for supporting the development of clients' needs and their response to triggering events. IOP takes approximately 15-20 hours a week and is ideal for individuals with additional home or work responsibilities.

These programs can also differ in cost, coverage by insurance, and treatment style.

How to Find the Best Substance Abuse Treatment to Fit Your Needs

When searching for the ideal substance abuse treatment to meet your needs, it is essential to consider your diagnosis and personal needs. Searching for the appropriate level of treatment to meet your need is the best way to achieve sustainable long-term addiction treatment.

At Evolve Indy, our clients work with admissions counselors to develop the correct level of programming for each client and their specific addiction treatment needs. Our addiction treatment programs in Indiana include partial hospitalization, intensive outpatient, and outpatient treatment. We help clients transition through programs and develop the necessary skills to identify and respond to triggering events and learn to cope with stressful situations while working through the fine details of recovery. Contact an admissions counselor today to discuss how we can support your treatment and recovery at Evolve Indy.

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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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