

## Intensive Outpatient Program



An [intensive outpatient program](#) is a type of treatment for individuals struggling with addiction or mental health disorders. It provides a therapeutic structure and support for individuals who don't require the intensity of inpatient treatment. This level of care is ideal for those who have completed inpatient treatment and need continued support or for those with moderate to severe symptoms but have medical or personal obligations that prevent them from being in a residential facility. The program offers group and individual therapy, education on coping skills and relaxation techniques, and relapse prevention tools that encourage accountability and self-care. The flexibility of the program allows individuals to continue fulfilling their responsibilities such as work or school while receiving the care they need for sustainable long-term recovery. It is an excellent option for individuals who require a little more support than traditional outpatient care but do not need around-the-clock supervision.

- An intensive outpatient program is a flexible, outpatient treatment option for individuals struggling with addiction or mental health issues who do not require 24-hour supervision.
- This type of program offers more hours of therapy per week than traditional outpatient treatment, allowing for more comprehensive and in-depth care.

- These programs often utilize evidence-based techniques such as cognitive-behavioral therapy, group therapy, and individual therapy to address the root causes of addiction or mental health issues.