

How An Intensive Outpatient Program Is Essential To The Recovery Process

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After detoxification or partial hospitalization programs, many clients will transfer to an intensive outpatient program (IOP). This step in the recovery process often acts as a preparatory stage for those ready to reintegrate back into their everyday lives. An intensive outpatient program is essential to the recovery process, allowing individuals to think about moving on to life post-treatment.

Stepping Down Treatment To Consider The Future

An intensive outpatient program may include almost daily (up to six days a week) therapy sessions through the center. Treatment will typically take place in the mornings and afternoons for several hours at a time. However, the treatment plan will be considerably stepped down from partial hospitalization programs, freeing up additional time for individuals to consider the future. At [Findlay Recovery Center](#), we offer 1-2-1 support with job applications, life skills, and preparation for socializing and reintegrating into society.

You Don't Have To Be An Inpatient

Clients don't have to be in housing with the center to receive intensive outpatient care. Findlay Recovery Center offers outpatient support to community members, whether they live in their own homes or transitional or community housing. For many, an intensive outpatient program might be the first step in their recovery journey with the center post-detox. An IOP is essential for helping individuals in everyday society that require additional support and therapy to aid recovery.

Providing Targeted Therapy To Aid Recovery

Intensive outpatient programs mark a crucial point in the treatment process: the individual starts to look past their drug or [alcohol addiction](#) and onwards to their life post-recovery. Although therapy sessions are stepped down, counseling is still tailored and targeted to the individual. Group and individual sessions are tailored to individual treatment plans to give the client confidence in their ability to step back into everyday life.

Intensive Outpatient Programs Help Cement Recovery

Providing support to clients post-hospitalization or detox can help cement their recovery process and reduce the risk of a potential relapse. Many of the addiction triggers that existed in their lives may still be there when they leave the center. IOPs help clients prepare and gain confidence in their ability to maintain their recovery even after severe alcohol or [drug addiction](#). Boosting individual life skills through re-socialization, restoring self-sufficiency, and gaining employment will help provide clients with a safe environment to thrive in post-treatment.

Ensuring Stability For Long-Term Addiction

Individuals with long-term addictions will benefit from an IOP. It provides a transitory period where they gently return to their regular routine but still receive the care and support they need to remain sober. Those with longer-term addictions may require greater levels of support to prevent relapse, like re-socialization skills or assistance with finding employment. IOPs allow those with longer-term addictions to create the stability that takes them forward past their addiction.

Are you looking for an IOP to help you or your loved one with a drug or alcohol addiction? At the [Findlay Recovery Center](#), we can provide the support you need today.



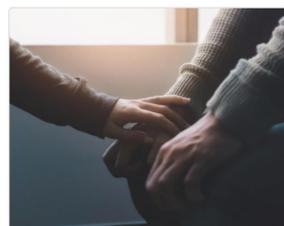
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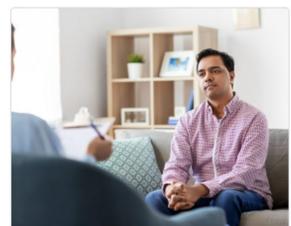
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Hours of Operation

Weekdays 24 Hours
Saturdays 24 Hours
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About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

