Outpatient Treatment Programs

Intensive Outpatient Treatment (IOP) Programs – These planned and structured programs are usually 2-3 hours/day (or evening), and 3-7 days per week. These programs are designed to address mental health or a substance abuse-related disorder. They may include group, individual, family or multi-family group psychotherapy, psycho-educational services, and other services.

Partial Hospitalization (Day Hospital Treatment) – These programs are longer and more intensive than an IOP, usually 4-6 hours per day, 5-7 days per week. Services are designed to address mental health and/or substance abuse-related disorders. They include physician and nursing services, as well as group, individual, family or multi-family group psychotherapy, psycho-educational services, and other services. These programs are often used in lieu of an inpatient stay, or as a transition from an inpatient stay.

Ambulatory Detoxification – These programs offer outpatient services that monitor withdrawal from alcohol or another substance of abuse. They can administer medications that assist with detoxification and recovery from addiction. Ambulatory detoxification programs also provide counseling to help individuals begin their recovery process.