

## Intensive Outpatient Program

Into Action Treatment provides clients with a variety of program types, based on their individual needs. The intensive outpatient program (IOP) gives individuals support and structure as they transition back to their normal lives.

Because no two people are alike, Into Action tailors each person's treatment program specifically. We fully assess clients throughout their recovery and base their treatment program on their individual progress and goals. Most clients who enter drug or alcohol rehab first will need to go through [residential treatment](#), during which time they will live in our safe, structured facility. Once clients have completed inpatient treatment, they can transition to a [partial hospitalization program](#), or they can go back to living at home. Those who need extra support during this time can participate in our intensive outpatient program before moving to [outpatient drug treatment](#) and then to an [addiction aftercare](#) program.

## Intensive Outpatient Program

Our intensive outpatient program is designed to make the transition back to the real world smoother. After the structure of residential treatment, individuals sometimes struggle as they try to re-enter their lives. They face triggers, temptations, and the stress of everyday life. The intensive outpatient program allows people to participate in daily counseling sessions and remain in contact with our staff and clients, who serve as a support system for sobriety. Intensive outpatient therapy keeps clients connected to the recovery community, so they can avoid relapse and remain focused on their sobriety.

Intensive outpatient therapy clients participate in individual and group therapy sessions, where they continue to address the issues that contribute to their

addiction. Clients in the intensive outpatient program also are able to receive assistance with relationships that are strained and need rebuilding. We help our clients develop the skills necessary to reduce stress and improve relationships, so that as they move back to their lives, they will succeed in their sobriety.

## **Intensive Outpatient Program for Substance Abuse**

The intensive outpatient program for substance abuse is just one way Into Action helps clients achieve sustained recovery. Our therapists help each client create a [relapse prevention plan](#) that they can use as they finish with rehab and re-enter their lives.

Into Action provides individuals and families with resources for recovery, including a [drug intervention program](#) to help encourage loved ones to accept treatment. Our [drug treatment programs](#) make use of the [12-step recovery](#) process, and all our programs are customized to meet clients' needs. We offer treatment for drug addiction and alcoholism, as well as a [smoking cessation program](#).

To learn more about our programs, please call us today.

[Toll Free 1-855-933-6732](#) or [International 1-561-336-2162](#)