



# OUTPATIENT TREATMENT PROGRAM

Find addiction treatment help  
today at **Gaudenzia!**

**833.647.0719**

# Table of Contents

- Who Benefits from an Outpatient Treatment Program?
- Did You Know – Drug Addiction Is Deadly
- What Happens in an Outpatient Treatment Program?
- What Type of Outpatient Rehab Program Is Best for You?
- Intensive Outpatient Programs (IOP)
- Partial Hospitalization Program
- Why Should You Enroll in Our Outpatient Rehab Program?
- A Comprehensive Program to Address Your Needs
- Find the Right Type of Outpatient Treatment Center for You
- The First Step Is to Contact Our Team Now at Gaudenzia

Drug and alcohol addiction creates some of the most intense challenges for our lives. For men and women facing addiction, with support at home, it may be possible to invest in outpatient treatment programs. At **Gaudenzia**, we offer both an outpatient treatment program and an **inpatient treatment program** designed to provide you with the exceptional care you need to achieve your best life in recovery.



## Who Benefits from an Outpatient Treatment Program?

For those with mild to moderate addiction, an outpatient rehab program may be sufficient. It is important to know that those who have a long history of drug use or those in active addiction may not be best suited for this program. Our residential treatment programs and **detox treatment program** opportunities may be a better choice for you in those situations.

Many people may benefit from an outpatient treatment program, including those who:

- Have stopped using drugs but think about them often
- Have a supportive, drug-free family
- Need a way to start addiction therapy while caring for a family
- Require a criminal justice system program
- Have mental health disorders

If you are using drugs and alcohol to help you get through the day or deal with the stresses in your life, recognize this pattern isn't healthy. In the long-term, it can lead to more severe forms of addiction. There is no amount of alcohol or drug use that is safe. You can suffer an overdose at any time, at any age, and with any drug you consume.



## Did You Know – Drug Addiction Is Deadly

The Centers for Disease Control and Prevention make it clear – drug use of any type is dangerous. In 2018, 67,367 people died as a result of a drug overdose in the U.S., and opioids accounted for 69.5 percent of those. You don't have to be a statistic.

## What Happens in an Outpatient Treatment Program?

When you enroll in our outpatient treatment program serving Pennsylvania, Delaware, Maryland, and the DC area, you will get one-on-one help with **our counselors' dedicated team**. We understand where you are right now. We know you need help, and you want and need to live at home to get it. Our **women's treatment program** is designed to meet women's needs, including the needs of women who are pregnant, nursing, and raising children.

For those with mild substance abuse, outpatient rehab may be a good option. If you are motivated to stop using drugs and alcohol, this may be a good program for you. It is also ideal for those who need more flexibility in their treatment.

During your time in **addiction treatment programs** with us, you will come in at various times of the day and week. The number of times you receive treatment, and the number of sessions you have during those hours really depends on your condition. We will provide a full assessment of this information when you arrive. We'll then discuss the options with you, ensuring you can understand all of the risks and opportunities present.

## What Type of Outpatient Rehab Program Is Best for You?

Our outpatient treatment center offers several types of outpatient programs. Most often, we can customize care to meet your individual needs. Remember, everyone is very different. Our goal is to ensure you get to enjoy the best quality of life by achieving recovery through our **recovery support services**. Some of the program options we offer include:

### » Intensive Outpatient Programs (IOP)

An intensive outpatient program (IOP) is an excellent option for those who are ready to make a significant change in their lives. This plan aims to create a treatment plan that includes measurable milestones – goals that you will set with your therapist. We want to ensure there is a way to track your progress in these goals. Once you meet those goals, the amount of time you spend each week in treatment gets lower.

Many people benefit from IOP. You may still need to work on meeting your daily goals and need help with meeting responsibilities. Sometimes, those who need an IOP need additional support as they try to work and move on with their new drug-free life.

During IOP, you will spend time working with our team in individual counseling treatment. You will also have time for group therapy. You may enroll in 12-step programs as a way to further support your recovery and sobriety.

### » Partial Hospitalization Program

This is a very structured program that you will need to commit to. Most of the time, individuals will spend several hours each day working on these therapy sessions. Most will come in three to five days a week for therapy. This is a highly-structured daytime program at Gaudenzia. At the end of each day, you return home to your family.

In many ways, partial hospitalization is a better option for those who may not need residential treatment but still need a fair amount of support. At this level, the goal is often to prevent the worsening of your health or addiction and manage mental health needs. After an evaluation, our team will then determine the right type and level of care for you based on your needs, including for:

- **Co-occurring disorders**
- **Medical stability**
- **Mental wellbeing around others**
- **The amount of support at home**
- **Your ability to meet specific goals**

During partial hospitalization, you will see your treatment improve day by day. You will work through individual and group therapy

sessions. Often, individuals also receive care for mental health needs during this therapy at our **mental health treatment center**. You may even incorporate family therapy.



## What Are Co-Occurring Disorders?

Are you unsure what co-occurring disorders are? This term describes a person with a substance use disorder and a mental health disorder such as depression, anxiety, or post-traumatic stress disorder. We treat these together at our **mental health treatment center** to ensure the best outcome for you.

## Why Should You Enroll in Our Outpatient Rehab Program?

An outpatient rehab program offers several benefits to our clients. In our warm, at-home like space, you will find you are welcome to spend time with us. Some people find that outpatient care is best because they have a family at home to care for or have other responsibilities they cannot avoid. You do not have to leave your job, in most cases, to get this type of care.

Aside from being flexible, our outpatient treatment program is also very affordable. It can

allow you to get the care you need even if you may not have health insurance coverage.

It's also beneficial to those men and women who do not want to be away from family. You may wish to have access to your family for support and guidance. It also works well for those who need family therapy programs.

## A Comprehensive Program to Address Your Needs

When you come in to see our team, we'll provide an assessment for you. We will then work closely with you to understand your needs, both mentally and physically. We also will work closely with you to learn more about any mental health concerns you have. Then, we'll create a customized treatment plan to address each one of your needs.

We offer a range of therapies available to you here at Gaudenzia. That includes care for most types of alcohol and drug abuse. We offer programs such as:

- Cognitive-behavioral therapy
- Dialectical behavior therapy
- Dual diagnosis treatment
- Holistic therapy programs
- Family therapy programs
- Individual therapy programs
- Group therapy programs

Each person who comes in to see us is given a safe place to open up and discuss their needs. We will work with you to create clear goals to help you get the most out of our outpatient treatment program.

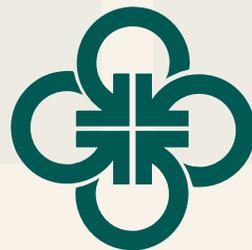
# Find the Right Type of Outpatient Treatment Center for You

One of the most important things you can do for yourself as a person with a drug or alcohol addiction is to invest in treatment. While many people do not realize it, outpatient treatment programs can be very useful and easy to add to your life. You can feel confident that our outpatient programs will provide you with the necessary tools and resources to lead you to lasting recovery.

What you need to do first, though, is to reach out to our team for a consultation. Come in and speak to us, there's no risk to you. You can learn if our program is the right option for your needs.

## The First Step Is to Contact Our Team Now at Gaudenzia

Our outpatient treatment program is designed to empower you. It gives you the tools, insight, and support you need to work through addiction and reclaim your future. Learn more about our outpatient treatment center by [calling our counselors at Gaudenzia](#). We're committed to providing you with the best level of care possible.



GAUDENZIA

Call **833.647.0719** to learn more.