



**Intensive Outpatient Program
For Drug and Alcohol
Addiction in Florida**

**Find addiction treatment help
today at Beaches Recovery!**

866.605.0532

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According to both the [American Psychological Association](#) and the world-renowned [Mayo Clinic](#), addiction — now officially referred to as “substance use disorder” — is a disease. And at Beaches Recovery, we administer several different treatments for this disease. One of these options is an intensive outpatient program (IOP) for drug and alcohol addiction. For many individuals struggling with drug and alcohol dependency issues, an IOP is one of the best ways to get sober.

According to both the [American Psychological Association](#) and the world-renowned [Mayo Clinic](#), addiction — now officially referred to as “substance use disorder” — is a disease.

The disease of addiction is baffling and powerful, and you may have wondered why you’ve never been able to stop on your own. And this is why it is vital to understand that substance use disorder is a mental and physical illness, one that takes the help of

an intensive outpatient program for drug and alcohol addiction to treat. This type of program is a particularly effective way to ease into recovery as you’ll still have some freedom, and you can make a smooth transition back into regular life.

What Happens in an Intensive Outpatient Program

If you are like most people, you cannot afford to take time away from your work, school, and family commitments to enroll in a comprehensive, full-time, residential rehab program. And the good news is that that kind of treatment is not suited to everyone with addiction issues. In an intensive outpatient program like the one at Beaches Recovery, you will receive the same level of care that you would at a more intensive program. But you will benefit from that treatment while you continue to work or go to school, and while living at home. You will still receive treatment at the Beaches Recovery facility, but you will build your treatment there around your schedule.

[Inpatient programs](#), which we also offer at Beaches Recovery, certainly have their place. And for many patients with the most severe addiction issues, they are absolutely necessary. But the fact of the matter is that not many of us can commit to full-time rehabilitation treatment. This may be for financial reasons, or may just be because we have other obligations to which we must attend. But whatever the reason, it is possible that inpatient care is not an option for you.

An intensive outpatient program like the ones at Beaches is very often a suitable alternative to a [residential drug rehab center](#). A qualified candidate might not be able to afford inpatient care or make the commitment. Still, they might also have already spent time in an inpatient facility or [partial hospitalization program](#) and now need a program that is designed to help them reintegrate into life after rehab. If you or someone you know is struggling with addiction, and this sounds like the right kind of program for that situation, perhaps our IOP in Jacksonville, FL, is the right choice.



"This place saved my life I have been at several places but this is the last place I will attend! Because it has been two and half years and I have been sober ever since. I loved this place. Really awesome therapy even though, some days it could be tough, and some days I knew what was on the other side. Sobriety and Happiness! I loved my therapist and the Recreational therapist is awesome. The housing is amazing too!"

Mark

Does an Intensive Outpatient Program Best Meet Your Needs?

Choosing the right rehab program from multiple levels of care causes people some confusion. This is a time when you need to focus first on your own treatment and recovery needs, not the easiest path. Going through an addiction assessment helps you understand what program is best for you. Then you can make an informed choice between Beaches Recovery's multiple levels of care, including:

- [Inpatient drug rehab center](#)
- [Partial hospitalization program](#) (PHP)
- Intensive outpatient program (IOP)
- [Outpatient program](#) (OP)

Consider the differences between levels of care, such as IOP in Jacksonville, Florida vs. residential rehab. Of course, most people start treatment of any kind with [detox at Tides Edge](#) in Jacksonville, to clean the drugs, alcohol, and other toxins from your system.



Click on the image to see the video.

IOP Treatment

An intensive outpatient program provides the same programs and treatments as residential and PHP. But you maintain the connection to your personal life, work, schooling, or other activities of "home." IOP programs provide a step down from PHP, being less intensive and splitting time between treatment and home life, usually for several hours per day on select days each week.

PHP Treatment

PHP treatment involves attending rehab programs during the day to focus on your recovery. At night, you return home or to a sober living arrangement to attend to your personal responsibilities.

Residential Rehab

Residential rehab, also called inpatient, involves living at the treatment facility 24 hours per day and seven days per week. You focus entirely on your recovery without distractions from the outside world.

Outpatient Program

OP treatment is the least intensive of all treatment programs. In this treatment, you fully maintain your home, work, and school life. You meet with your rehab program and peers in recovery on a lighter schedule than with IOP in Jacksonville, Florida.

The Right Level of Care to Fit Your Precise Needs

Intensive outpatient programs work for many people with an addiction. Beaches Recovery will help you decide which program fits your requirements and design an individualized treatment plan. At Beaches Recovery, each level of care includes an array of therapies, services, and support. These include:

- [Medically supervised detox](#) at Tide's Edge
- [Individual](#), [group](#), and [family therapy](#)
- PTSD and [trauma therapy](#)
- [Dual diagnosis treatment](#)
- [12-step](#) and [non-12-step](#) approaches to recovery

The Advantages of IOP Treatment

The benefits of enrolling in an intensive outpatient program can be enormous. Among the specific advantages that an IOP like the one administered at Beaches has over other types of programs are:

- Patients recovering in outpatient care spend less money. Because outpatient care lacks a residential component, it simply costs less. And this is the case even given the fact that inpatient and outpatient care offer the same basic range of treatments.
- Patients recovering in outpatient care are able to develop a more extensive network of family and friends who can support them when they need it. Participating in an IOP means that patients go to work or school and live at home. This results in more opportunities to connect with people outside of the facility, which can be a considerable advantage as it can mean avoiding relapse.
- Patients recovering in outpatient care have more freedom to pursue interests outside of the facility. One of the most important factors in promoting recovery and avoiding relapse is developing new routines, and spending time with new people. An IOP helps facilitate those healthy behaviors.

- Patients recovering in intensive outpatient care can fulfill their obligation to their families, friends, and employers while maintaining their privacy. One of the most common reasons that individuals with addiction issues avoid rehabilitation is because of the stigma attached to it. But in an IOP, patients can share the fact that they are in rehab with whomever they wish. No one else needs to know.

Intensive outpatient care like the IOP at Beaches Recovery isn't for everyone. But if you have already been enrolled in a detox or residential program, or if your addiction issues are not as severe as some, it might be a good fit. Do you need help with addiction, but can't commit to a more invasive full-time rehab program? An IOP might be for you.

If an Intensive Outpatient Program is Your Choice Contact Us Today

One of the key learning points of an IOP program is that addiction is a legitimate mental illness. You're not a bad person. You're just a sick person who now has the opportunity to get well, starting with an intensive outpatient program.

If an Intensive Outpatient Program for drug and alcohol addiction sounds like the right choice for you or for someone you love, call Beaches Recovery today at 866.605.0532. We can help.

Q: Can I be fired from my job if I go into an outpatient rehab program?

A: Because we can build outpatient rehab around your schedule, your employer may not even have to know you have entered the program, much less fire you. Additionally, the [Family and Medical Leave Act of 1993](#) guarantees eligible employees up to 12 weeks of job-protected leave. You can learn more about FMLA by visiting the [US Department of Labor website](#).

Individualized Treatment Planning Holds the Keys to Your Best Fit

Our individualized treatment planning helps you work out which program best suits your requirements. Regardless of whether you enter an outpatient drug rehab program or another level of care, you will receive only the highest quality therapies. The therapies and [addiction treatment services](#) at Beaches Recovery include:

- [Individual, group, and family therapy](#)
- PTSD and [trauma therapy](#)
- [Experiential therapy activities](#)
- [Behavioral therapy](#) such as CBT, DBT, and EMDR

- [Mindfulness-based stress reduction therapy](#)
- [Relapse prevention plan](#)

Reach Out to Beaches Recovery Today

Beaches Recovery is here to help you take your life back from addiction and mental health issues. But you have to take the first step. Starting a personalized recovery plan is just a phone call away. Our convenient Jacksonville location is central to many major cities in Northern Florida, making commuting easy. We are also certified by the State of Florida Department of Health. Contact Beaches Recovery today at 866.605.0532 to learn if outpatient rehab is the right fit for your addiction treatment.

**Call us today at 866.605.0532
so that we can get started.**