

A person with their back to the camera, wearing a white dress, is sitting in a meditative pose on a sandy beach. The background shows the ocean and a sunset sky with soft, warm colors. The person's hands are in a mudra, with fingers interlocked.

## Outpatient Rehab Programs Jacksonville, FL

Find addiction treatment help  
today at Beaches Recovery!

866.605.0532

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Beaches Recovery encourages clients who want alcohol, drug, and mental health rehabilitation to consider outpatient rehab programs. Studies have shown that continuing treatment past the initial residential treatment dramatically increases the chances of lasting sobriety.

This level of care also works well for those who cannot be away from home, work, or school, but still want sobriety and continuing [addiction recovery](#).



### Flexible Outpatient Treatment Program

Dedicating your valuable time to outpatient rehab is a tough decision. To make our service as convenient as possible, we offer flexible scheduling, an individualized [treatment plan](#), and broad availability. If you're juggling a hectic schedule, our outpatient rehab service can easily fit into your busy lifestyle. Scheduling treatment and therapy around your life makes this program valuable for those who cannot leave their obligations to someone else.

As a leading outpatient drug rehab provider, we utilize only the most effective and modern techniques for our treatment plans. Beaches Recovery focuses on equipping you with [positive coping skills for addiction](#), so you can maintain long-term sobriety. Also, we offer a caring and supportive environment where you can thrive and achieve personal growth.

## Is My Addiction Bad Enough for Rehab?

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Outpatient rehabilitation is a level of care designed specifically for patients with less severe addiction issues, and who can benefit from having more freedom outside of our care facility. But whatever level of care best fits your situation, you must reach out to a professional. According to doctors at the world-renowned [Mayo Clinic](#), among the most common signs that you have a substance abuse problem are:

- Use of the substance when it is no longer needed to treat a medical condition and in spite of the adverse effects of using it
- Frequent thoughts about the substance, and spending time and energy to obtain more of it
- The loss of interest in activities you enjoy and the people in your life as the substance has taken over
- Difficulty with the everyday responsibilities of work, school, and family
- Requiring an increasing amount of the substance or the combination with other substances to get the same effect that you once received from the substance
- Use of the substance has become “normal”: feeling that you are not “yourself” unless you are using the substance

Whether you are explicitly interested in an outpatient rehab program in Jacksonville, FL, or not, if you are experiencing any of the above, it is time to get help.

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Click on the image to see the video.

“Great program. I received excellent individual and group therapy. I enjoyed the recreational activities like surfing, camping, and running on the beach. The doctors, therapists, and staff were all very helpful, personable, and non-judgmental.”

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## Beaches Recovery Offers Multiple Levels of Care

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The outpatient drug rehab program at Beaches Recovery is one of the most popular options for addiction recovery. But this program is one of many methods of treatment at Beaches. Other levels of care in Jacksonville include:

- Medical supervision at [Tides Edge Detox Center](#)
- [Residential drug rehab center](#)
- [Partial hospitalization program](#) (PHP)
- [Intensive outpatient program](#) (IOP)
- [Aftercare](#)
- [Sober living programs](#)

Knowing which level to choose for your treatment plays an essential role in your future sobriety. You need treatment that suits your individual needs, as determined through your addiction assessment. Beaches Recovery provides this assessment and reveals how an outpatient drug rehab program in Jacksonville, FL, meets those needs.

### How Does an Outpatient Drug Rehab Program Differ from IOP?

You likely know that residential rehab is the program where you live at Beaches Recovery in Jacksonville while undergoing treatment. That program provides the most significant focus on your recovery needs. It also protects you from outside triggers, temptations, and the stress of home.

But if you do not need the intensity of that level of care, an outpatient drug rehab program or IOP possibly provides a better fit. So what are the differences between IOP and an outpatient drug rehab program?

Intensive outpatient treatment is, as the name suggests, more “intensive.” Beaches’ IOP involves more therapy hours and time spent working on recovery at your treatment location. Your participation in the outpatient drug rehab program in Jacksonville, FL, involves fewer hours of treatment. But it is also housed at Beaches Recovery and includes the same quality of care.

For both IOP and OP, you return home at night to your family. You sleep at home and spend certain days each week attending therapy and treatment. So both IOP and OP cost less than a residential program.



Still, IOP treatment involves longer days of [addiction counseling](#) and possibly more days per week than OP.

Another major differentiator between an intensive outpatient and outpatient drug rehab program is that of maintaining your regular job, school schedule, and home life. For people with restrictive responsibilities, a higher level of care may not be the right fit. In OP treatment, you maintain regular or only slightly-altered work and school schedules. This can mean keeping your job, keeping up with your schoolwork, and meeting your family needs, versus not being able to do that in other programs.

# OUTPATIENT REHAB



**Lower Cost**  
Outpatient rehab programs in FL provide a further affordable solution for addiction treatment services. Individuals return home at night and therefore don't need to pay for an overnight stay like inpatient rehab programs. Outpatient rehab programs fit any budget with regular or intensive outpatient program (IOP) options.



**Support system**  
40-60% of people relapse after addiction treatment. Choosing outpatient rehab programs allows you to stay close to friends or family and decrease chances of relapse. There is no reason to leave a solid support system behind when heading for inpatient treatment programs. Surrounding yourself with loved ones provides a unique support opportunity.



**Continue Work or School**  
Outpatient rehab programs are crucial for those with family, school, or work obligations. This treatment option provides flexibility allowing you to take care of yourself no matter how busy your life is with addiction treatment services in FL. If you can't leave your family or career, outpatient rehab offers programs during nights or weekends.



**Increased privacy and discretion**  
Due to not leaving your job or other obligations for an extended period, outpatient rehab programs increase privacy and discretion. A substance use disorder is a medical issue that deserves just as much discretion as any other medical diagnosis. Reduce further stress from addiction with extra confidential rehab services.

<https://www.aa.com/en/about-aa/treatment-center/jacksonville-treatment-center/therapies/outpatient-rehab/>  
<https://www.drugabuse.gov/publications/nih-guidelines-addiction-treatment-research-based-guide-third-edition/>  
Frequently asked questions for the Florida drug addiction treatment

**Q: How long can I expect to be in the outpatient rehab program?**

**A:** Many factors affect the length of your stay in outpatient rehab. These include the substance or substances you have been using, how long you have been using them, the severity of your addiction issues, and your specific goals in rehab. You and your addiction counselor or therapist will set goals together. We often tell patients to plan for 30 days, and at that time, we can reassess the situation.

**Q: Will my insurance cover an outpatient rehab program?**

**A:** At Beaches Recovery, we accept many different kinds of private insurance. You can speak with one of our friendly, knowledgeable admissions specialists today to learn more about your options.

**Q: Do I need to pack anything?**

**A:** Because you are enrolling in an outpatient rehab program, you will not be staying overnight. Instead, you will be commuting to our facility in Jacksonville, FL. As a result, you do not need to bring anything.

## Frequently Asked Questions at Beaches Recovery

At Beaches Recovery, we receive many questions about our outpatient rehab program in Jacksonville, FL. Among the most common are:

## 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.**