

THE GATEHOUSE

RESTORING THE HUMAN SPIRIT THROUGH RECOVERY

GENERAL OUTPATIENT TREATMENT SERVICES



General Outpatient Treatment provides a support system for clients who are well-established in their community, employed, and living independently but who don't require the high level of therapy that an Intensive Outpatient Treatment program provides. This general level of support gives our clients a place to reconnect to the recovery community and receive periodic reinforcement of the skills they learned that make living in recovery sustainable.

This level of treatment focuses on relapse prevention and teaching clients how to identify the signs of relapse. We also work with each client to identify and understand their personal relapse triggers.

The schedule and frequency of General Outpatient Treatment services is based on the client's needs. For some clients, their recovery requires deep community support. They may need frequent group sessions to find success and independence. For others, one-on-one support with a counselor on a weekly or monthly basis is best. Whatever our clients need, our outpatient services team creates a personalized support program to help them reach their recovery goals.