

THE GATEHOUSE

RESTORING THE HUMAN SPIRIT THROUGH RECOVERY

INTENSIVE OUTPATIENT TREATMENT SERVICES



Intensive Outpatient Treatment is designed for clients who need a strong support system as they enter recovery, but who are well-established in the community, maintain employment, live independently, and can care for themselves.

This program welcomes each client into a home-like environment much like our transitional living facilities, so they have a comfortable, safe place to receive treatment.

At this level of treatment, we're focused on relapse prevention. Teaching clients the warning signs of addiction and exploring and understanding their personal relapse triggers prepare them to live life in recovery.

We also work on early recovery life skills, teach clients how to access family support and education services, and connect them with local resources to make life in recovery more sustainable like transportation to and from work or childcare.

We work together with our Intensive Outpatient clients at least 10 hours a week. Therapy consists of three 3-hour group sessions plus one-on-one counseling sessions and family sessions as needed.