



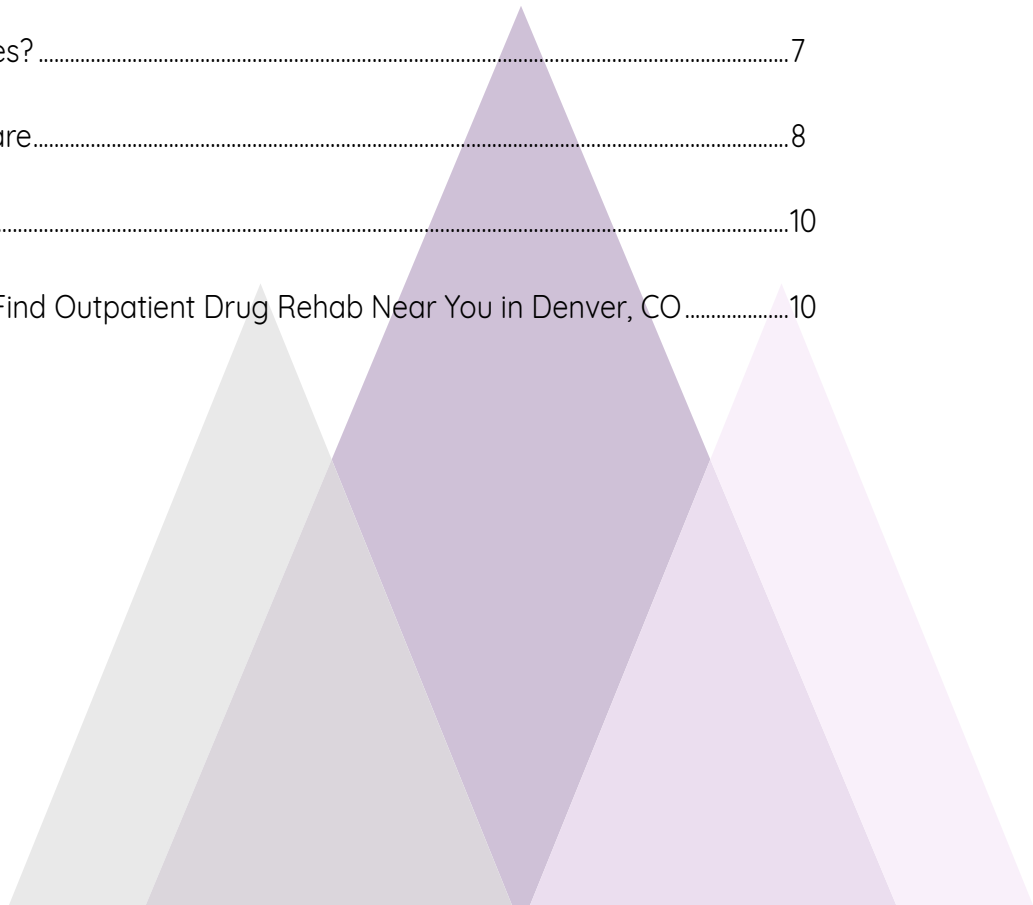
Outpatient Treatment Programs

833.754.0554



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Women's Recovery provides our outpatient services to women in Denver, Colorado. Outpatient and intensive outpatient treatment can be the first step in a person's recovery process, and for most women, it should be. Quite often, women take a step down approach for their after-care once they complete inpatient drug or alcohol rehab. For those who do, they go from inpatient treatment directly into an intensive outpatient program.



Regardless of what your treatment needs are, we can help you. We offer outpatient rehab services for women in need, and we're able to target your treatment accordingly.

Women's Recovery offers comprehensive, affordable, and accessible behavioral health services to women throughout Colorado. Our intensive outpatient program (IOP) provides treatment for substance use disorders and any co-occurring mental health concerns. To better serve the needs of our clients, we offer a range of program options for our IOP at our Denver locations. Call **833.754.0554** or contact us online for more information today.

PROGRAM SCHEDULES

DENVER

Our Denver location provides 3-, 4-, or 5-day treatment programs with the following scheduling options to offer clients greater flexibility:

IOP 3

▲ Monday, Wednesday & Thursday: 9am – 12pm OR 6 –

IOP 4

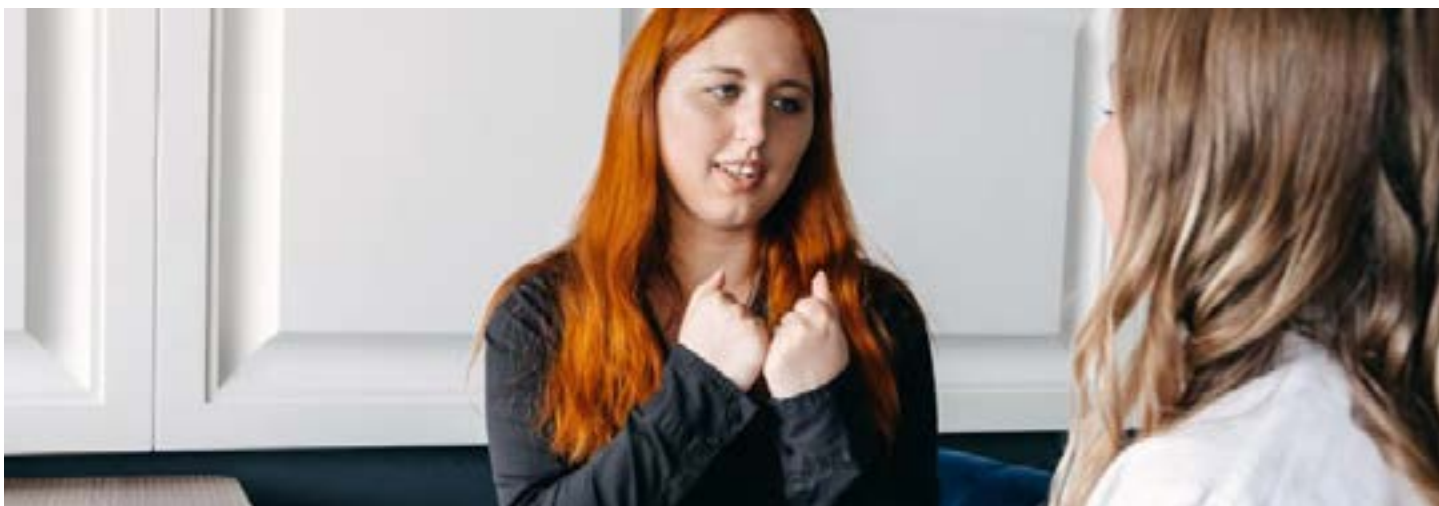
▲ Option 1: Monday, Tuesday, Wednesday, & Thursday: 9am –

▲ Option 2: Monday, Wednesday, & Thursday: 6 – 9pm, Tuesday: 9am

IOP 5

▲ Option 1: Monday, Tuesday, Wednesday, Thursday, & Friday: 9am –

▲ Option 2: Monday, Wednesday, & Thursday: 6 – 9pm; Tuesday: 9am



If you or a loved one are caught in the cycle of addiction, Women's Recovery can help. Reach out now to start your journey toward healing and recovery.

INPATIENT CARE VS. OUTPATIENT CARE IN COLORADO: WHICH IS BETTER?

As a woman who is struggling with substance abuse, you may be concerned about getting the right treatment. Sometimes this can be quite confusing for women because they want to be sure they're making the right choice. Many women also have family obligations that will still need to be maintained in treatment.

You basically have two different options available to you: inpatient treatment and outpatient treatment. Both of these options are excellent, but you should know which one is appropriate for you to start with.

WHAT TO EXPECT IN OUTPATIENT DRUG AND ALCOHOL REHAB

Many women don't realize that there is a step-down approach to treatment available to them. These are women who need to go to outpatient treatment, but they aren't ready for a lower level of care. For these women, IOP is available to them.

INTENSIVE OUTPATIENT PROGRAM:

A structured mental healthcare program that provides treatment for substance use disorders and mental health conditions, offering several hours of therapy per week while allowing participants to return home in the evenings.

During IOP, you'll find that your treatment is a bit more intense than traditional outpatient care. You'll attend appointments more frequently, participate in support groups, and meet more often with your therapist.

This higher level of care is often compared to inpatient treatment based on how often patients interact with staff members. The two are very closely related to each other. IOP is very useful in helping patients integrate back into the community, and serves as a great way to transition. If you

DRUG AND ALCOHOL TESTING IS ESSENTIAL IN OUTPATIENT TREATMENT

Another service that is desperately needed for those in outpatient recovery is drug and alcohol testing. At Women's Recovery, our goal is to keep you in recovery. We want to facilitate that in every possible way. We also want to give you the opportunity to have the accountability you need to reach your own recovery goals. Offering drug and alcohol testing is one way that allows us to do just that.

The amount of drug and alcohol testing that is needed is different for each patient through our substance abuse treatment programs. Generally, there are scheduled tests, but there are also unscheduled tests as well. This is to ensure that you are remaining compliant with the program.

If this component of outpatient treatment makes you nervous, there's no need to be. Just know that it is in place to offer you the protection and accountability that you need.



GROUP THERAPY FOR SUBSTANCE ABUSE TREATMENT

The benefits of group therapy during substance abuse treatment cannot be expressed enough. Working within a support group allows you to get feedback from others regarding your substance abuse. You'll get to know the others in your groups very well, and you'll work together regularly.

SOCIAL SUPPORT

Group therapy provides a supportive environment where individuals can connect with others facing similar challenges, fostering a sense of community and understanding.



PSYCHOEDUCATION

Participants in group therapy receive education on various topics related to substance use disorders, empowering them with knowledge and insight into their condition and recovery

TARGETED RECOVERY FOCUS

Group therapy sessions address specific aspects of recovery such as early recovery strategies and relapse prevention techniques, offering practical guidance tailored to individual

THERAPEUTIC COMMUNITY

The group setting naturally encourages discussion, sharing, and empathy, creating a powerful therapeutic dynamic that enhances the treatment process.

COMPLEMENTARY TREATMENT

Group therapy is often integrated alongside individual therapy, complementing one-on-one sessions and providing a comprehensive approach to addiction treatment.

You may also find it easier to open up in group therapy if all participants are women. Sometimes when women are involved in support groups with men, it's more difficult for them to share their feelings. Because of this, they may avoid saying something that would embarrass them or make them feel uncomfortable.

At Denver Women's Recovery, our staff wants you to feel comfortable at all times. We know how important your outpatient treatment is, and group therapy is an essential part of that. Like your



PAYING FOR OUTPATIENT REHAB

Perhaps you have recently been through an inpatient treatment program. It was an expensive program, and you were a bit surprised that your insurance paid so much toward the cost. Because of this program, you are feeling quite certain that you no longer qualify for additional treatment. You're concerned that your benefits were maximized, and so, you'll have to wait to get outpatient care.

This is a common concern among many women who have gone to an exceptional inpatient treatment center. They often worry that they won't be able to afford outpatient treatment. If this is a concern you have as well, we'd like to put your mind at ease.

At Women's Recovery, we have had the pleasure of working with a number of women who felt similarly. They were sure that their health insurance companies wouldn't pay for outpatient treatment. However, because of the recent changes in the healthcare laws in the U.S., they will. In fact, we can help you by verifying your insurance benefits for you. This will

DO YOU NEED OUTPATIENT SERVICES?

Maybe you feel as though you got as much as you could out of your inpatient treatment program. You may feel as though you couldn't possibly learn anything more about yourself or your substance abuse disorder. Therefore, you think you may not really need to follow up with an outpatient program. You should consider outpatient treatment if:

- ▲ Maintaining daily responsibilities has become challenging due to substance use issues, indicating a need for outpatient addiction treatment services.
- ▲ You need flexible treatment options that allow for the continuation of work or family obligations but still address addiction concerns.
- ▲ You are in early-stage addiction or have substance misuse symptoms that require regular therapy and support without the necessity for 24/7 monitoring.

Please know that you're not alone if you feel that you need help. So many women feel energized and highly motivated to continue on in their recoveries once they finish inpatient rehab. However, once they get home, that can change very quickly. Whether you are battling a drug or alcohol use disorder, your condition is a disease. Diseases require ongoing treatment.

Talking with someone in our admissions department will help you understand what type of

Inpatient Care vs. Outpatient Care



Many individuals are turning to outpatient addiction treatment for the benefit of structural support and the flexibility to maintain their daily lives. This therapeutic balance of treating gravity and real-world application that outpatient care facilitates appears to increase if you're considering finding help that fits around your schedule and the commitments outpatient programs might be the option you've been looking for. However, if you need a more rigorous treatment approach and a higher level of care, inpatient treatment may be the best option for you.

2020 Opioid Addiction Treatment Statistics

IN 2020

55% of treatment centers offered outpatient care options for opioid addiction. About 80% offered inpatient treatment, whether residential or hospital-based.

Between 2011–2020

80% of individuals participating in opioid addiction treatment participated in outpatient treatment options.

Key Differences Between Inpatient and Outpatient Care:

Inpatient treatment involves residing at a treatment center full-time, providing round-the-clock care and supervision, while outpatient treatment allows participants to live at home outside of treatment hours.



Inpatient programs offer a highly structured environment with intense therapeutic interventions, medical monitoring, and support, whereas outpatient care typically offers more flexibility in scheduling and may involve individual or group counseling.

The cost of inpatient rehab is generally higher due to accommodation and intensive services, while outpatient care is often more cost-effective but may provide less intensive support.



In inpatient rehab, individuals are removed from their regular environment, reducing exposure to triggers, whereas outpatient treatment allows participants to continue with their daily routines and face real-life challenges during recovery.



WOMEN'S
RECOVERY

www.womensrecovery.com

TESTIMONIALS

Find out what women who have overcome addiction at Women's Recovery have to say.

"I think this is one of the best programs around! The staff is exceptional - smart, caring and skilled. I have recommended Women's Recovery to several women and they have flourished and thrived because of it. Women's Recovery knows women, addiction, trauma, and most importantly - healing. I would send my loved one here in a second."

- Heather

"I highly recommend Women's Recovery to any woman looking for a helping hand in recovery. This program is built on a foundation of wonderful professionals that genuinely care and are passionate about their work!"

- Amanda

"Top notch clinical work, great family programming, dedicated, diligent, compassionate staff. The work my sister did there empowered her to find happiness in sobriety. Thank you Women's Recovery for giving me my sister back!"

- Schaeffer

CONTACT WOMEN'S RECOVERY TO FIND OUTPATIENT DRUG REHAB NEAR YOU IN DENVER, CO

When you need outpatient rehab in Denver, it's helpful to have a local option. It makes getting help for your substance abuse disorder so much more convenient.

At Women's Recovery, we offer outpatient treatment, regardless of what your needs are. Women's Recovery offers outpatient drug and alcohol treatment in Denver. If you feel that you're ready for IOP treatment, we can provide you with services. If you are interested in our sober living program, that is available to you as well. Of course, if you have completed our IOP program, our outpatient rehab is something you might be considering.

The most important part of getting help for a substance use disorder is receiving targeted treatment that addresses your needs specifically. Getting ongoing treatment for substance abuse is vital to your recovery. That means your drug and alcohol rehab should be tailored to suit you.

Do you need to get more information about outpatient rehab in Colorado through Women's Recovery? If so, we can help you. Please call **833.754.0554** or contact us online today to learn