

Formal Chemical Dependence Treatment Programs

Four basic types of treatment exist. These treatment programs often have patients participate in 12-Step programs as a part of treatment.

1. *Inpatient or residential treatment:* This is the most intensive type of treatment program. In this program, usually located in a hospital or similar institution, people are not free to come and go. They may receive medical and psychiatric treatment for other problems in addition to being treated for addictions. This is usually for people who either have medical problems that would endanger them if they were not closely monitored, or are so likely to relapse that they must be denied any chance to use or drink. For obvious reasons, it is the most expensive type of treatment and may last anywhere from several days to several months. Components included are medically supervised detoxification, psychiatric or psychological therapy, and medical monitoring.
2. *Intensive outpatient treatment:* **This is less intensive than inpatient treatment but is still much more thorough than the other two types to follow. In an intensive outpatient program, the staff seeks to “saturate” people and provide a lot of therapeutic impact and education in a short time. This type of program is aimed at people who do not need inpatient treatment but appear to need more intensive treatment than the other types below. This type of treatment may last as long as inpatient treatment but is less expensive because it does not provide housing, food, and medical supervision, and the movements of people are generally not restricted.**
3. *Other outpatient group treatment:* **The typical format for less intensive outpatient treatment is for people to attend a group once or twice a week for several weeks, and sometimes to have homework assignments between sessions. This is designed for people who need some treatment and education but appear to have a good chance for success with fairly limited supervision and support. This is the least expensive form of treatment in most cases.**
4. *Individual treatment:* Individual therapy may be used in some cases where a person is not required and not willing to participate in a group or is not expected to succeed in a treatment group for any of a number of reasons such as mental disorders that would cause them to be disruptive in a group. This is not the preferred method for treating addictions but may be the only approach available in some cases.

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