



Outpatient Drug Rehab Center

Reach out to our specialists
today to learn more about
Northern Illinois Recovery Center.

855.786.1978

Contents

- [Why Should People Seek an Outpatient Treatment Center](#)
- [Services at an Outpatient Drug Rehab Center](#)
- [Outpatient Drug Rehab Center](#)
- [Reasons We Offer an Outpatient Drug Rehab Center Option](#)
- [Benefits of an Outpatient Treatment Program](#)
- [What Addictions Can an Outpatient Treatment Program Treat?](#)
- [Contact Northern Illinois Recovery Center Today](#)

Everyone should recognize that substance addiction is always a severe issue. In some cases and with certain substances, the user's long-term health, as well as their life, could be in jeopardy. With that said, a [treatment center](#) does not always require the client to go through a residential treatment program. Most treatment professionals prefer to prescribe the least intrusive option possible, using the client's addiction profile as a guideline. Below, we will discuss how an outpatient drug rehab center can offer the least invasive treatment option.



At [Northern Illinois Recovery Center](#), we know that each person's addiction comes with its own challenges. However, we also know that it is possible to overcome these challenges, allowing them to move into a healthier and happier future. Outpatient addiction treatment is one option that can lead to this possibility. No one deserves to battle their substance abuse alone. Let our team help. To learn whether our treatment programs can help you overcome your condition, please reach out to Northern Illinois Recovery Center today at [855.786.1978](tel:855.786.1978).

Why Should People Seek an Outpatient Treatment Center

Drug and alcohol abuse continues to be a problem across the country, but many people don't seek the treatment that they need. In some cases, they fear that they'll lose their job or their social standing if they seek treatment. Alternatively, they may think that they can't afford to find a treatment center. For those in one of the scenarios above, [outpatient treatment](#) is an excellent treatment option. Outpatient treatment allows people to stay at home rather than taking several weeks off of work or school. During this treatment, a person will attend treatment a few times a week.

In most cases, treatment will consist of therapeutic options, such as:

- [Cognitive-behavioral therapy](#)
- [Dialectical behavioral therapy](#)
- [Group therapy](#)
- [Individual therapy](#)
- [Family Therapy](#)

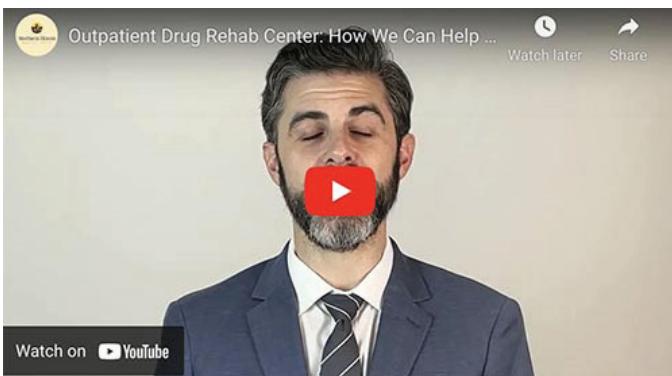
During these therapeutic sessions, our team will provide the tools necessary to stay sober in the real world. Sometimes, these strategies can mean replacing harmful habits with healthier ones. Alternatively, some treatments will help patients learn new skills. In each case, however, our team will tailor the patient's treatment to their unique needs. As a result, the person will know that they're getting the care and support that can help them stay sober for longer periods of time.

In addition, many of the people at our outpatient treatment program take part in our [sober living program](#). This treatment option is ideal for those whose home environments are not conducive to sobriety. For instance, those living with other people who use drugs or alcohol may not be able to stay sober for long periods of time. However, with a combination of an outpatient treatment program and a sober living program, they are able to increase the likelihood of staying sober. Could this treatment option support your recovery? Find out by calling Northern Illinois Recovery Center at [855.786.1978](tel:855.786.1978) today.

Services at an Outpatient Drug Rehab Center

Using our outpatient [drug rehab center Northern Illinois](#) offers as a reference, we want to describe what treatment looks like in a typical outpatient drug rehab center. Remember, we usually reserve outpatient care for clients with a moderate addiction and the capacity to act responsibly. We might also offer said services if a residential or [intensive outpatient](#) option is too prohibitive.

The outpatient treatment process is not very complicated. We and most of the other outpatient drug rehab in Northern IL only require the client to do three things: stay clean, abide by schedules and rules, and show continual progress towards recovery. If they can do that, then both sides will be happy.



Our outpatient drug rehab center in Northern Illinois requires the client to attend a counseling session regularly. By our definition, the term "regular basis" means 2-3 times a week for up to 2 hours a meeting. We might also request they attend several group sessions. That's not much to ask of someone in exchange for the opportunity to fight off their addiction as well as start living normally again.

As a precaution, we also reserve the right to recommend alternative treatment options for clients who are struggling. The last thing anyone wants to see is the client going into relapse and disappearing from treatment. If they require additional support, we have to take steps to deliver recovery.



Reasons We Offer an Outpatient Drug Rehab Center Option

As we stated above, some clients need nothing more than [addiction therapy services](#) from our treatment programs. With that said, we do have clients who need a higher level of intervention, but other options are too prohibitive. For them, we have to offer the outpatient option with a higher level of scrutiny.

Our outpatient drug rehab center Northern Illinois plays host to people living with the following circumstances:

- Inability to cover the cost of residential treatment
- Time restrictions due to work or school
- Childcare responsibilities
- Family breadwinner
- Reassignment from higher levels of treatment

To learn whether you're a candidate for our outpatient treatment program, please reach out to our team today at [855.786.1978](tel:855.786.1978).

Benefits of an Outpatient Treatment Program

One of the primary benefits of attending an outpatient program is that patients are able to put into practice what they learn in therapy. Many people grow complacent in a residential treatment program. After all, it seems easy to stay sober when the only people they meet are also working towards recovery. However, once these individuals leave treatment and face daily stresses, struggles, and temptations, they feel less sure of themselves.

For instance, if a person is living with people who are using drugs or alcohol continuously, they may feel like they need to use drugs or alcohol to fit into the house. Our outpatient program can help patients work through these challenges, continually adding to their repertoire of strategies and coping mechanisms.

Outpatient treatment programs also allow patients to renew their relationships with their loved ones. Addiction damages many relationships, especially if

people feel like they have to lie or steal to fund their dependency. An outpatient program encourages patients to work with their family and friends to overcome their challenges.

Furthermore, outpatient treatment programs are often less expensive than other options. In fact, some insurance plans will pay for all of this treatment instead of only part of it. As a result of this, many people are more likely to seek treatment.

What Addictions Can an Outpatient Treatment Program Treat?

An outpatient treatment center is ideal for treating a range of substance use disorders. For instance, we offer outpatient treatment programs for addictions such as:

- [Alcohol addiction](#)
- [Heroin addiction](#)
- [Cocaine addiction](#)
- [Meth addiction](#)
- [Opiod addiction](#)

The best way to determine whether this treatment option can address a person's addiction is for them to call one of our treatment experts. We can then schedule a consultation and intake assessment. During this assessment, we'll go over the individual's history of drug or alcohol use, determine whether they're battling a mental health condition, and decide if they're a candidate for our outpatient treatment program. Once we've completed this exam, we can begin the treatment process.

Testimonials

I was a client here, and the staff really seem to actually care about the clients. They introduce us to the program of AA and push us to do the right thing, which is a huge plus. Definitely helped me a lot, and I'm very grateful for this place & everyone that works here. Not only do they introduce you to AA, but they have many groups that are extremely beneficial, and help you learn how to cope with your emotions, & process traumatic things.

Julie Brandseth

Contact Northern Illinois Recovery Center Today

As a part of a highly populated treatment community, the folks at our outpatient drug rehab center are proud of our excellent reputation. We earned this reputation by giving each of our clients the elite addiction treatment care they deserve. What sets us apart from so many other rehabs is our ability to offer everything from outpatient drug rehab options to custom aftercare programs and everything in between.

Here's more information about our facility:

- We offer intensive outpatient treatment programs
- We focus treatment on young adults
- [Detox program](#) referrals are provided
- [Dual diagnosis therapy options](#) with addiction as the primary condition
- We support [sober living](#) homes as an aftercare option

If you have been suffering from an addiction, you surely know the risks that come with more substance abuse. The time to admit you have a problem and need help is now. When you reach out for help, you can count on Northern Illinois Recovery being there. We will offer you an outpatient drug rehab center option if it makes sense to help you through the recovery process. It all starts with one phone call to one of our staff members at [855.786.1978](#).



Northern Illinois

RECOVERY CENTER

Get the help you need to build the foundation for a sober life!

855.786.1978

Contact Us Online