

# The Difference Between Inpatient and Outpatient Treatment

by Nick Sparrow | Dec 7, 2021 | [Addiction Treatment](#) | 0 comments



If you are planning on attending addiction treatment, you've probably heard about the different types and styles of treatment, but which is best and what is most helpful for your type of addiction can vary.

Through Impact Wellness Network, [our high-quality treatment facilities](#) are designed to support individuals through each stage of the addiction treatment and recovery process. We strive to support every individual who wants to change their life with our comprehensive detox and treatment programs offered across the Midwest. [Contact us](#) today to see how our inclusive and extensive treatment programs can help you make a change today.

## What is Inpatient Treatment?

Inpatient treatment can consist of two different things; detoxification and treatment. Often these programs are combined, but if you've undergone detox in a different location (home, hospital, or incarceration), you might need inpatient addiction treatment.

Inpatient treatment is residential care that includes around-the-clock medical care in a safe, structured, and supportive environment designed to promote sobriety and positive mental health goals. Through inpatient treatment, clients spend approximately 30-90 days living at a treatment center where they attend different types of treatment, therapy and spend time recovering from addiction.

Inpatient treatment is often necessary for individuals who have a moderate or severe addiction or a comorbid addiction and mental health disorder known as a dual diagnosis. Individuals with these indicators often have a more difficult time developing and implementing relapse prevention strategies and maintaining sobriety without 24/7 structured and supportive care.

## What is Outpatient Treatment?

Outpatient treatment is for individuals with mild to moderate addiction and no other mental health concerns. Individuals who attend outpatient treatment attend a program once to several times a week. They work on developing the self-management and coping skills necessary to cut drugs and alcohol from their lives.

One of the main differences between inpatient and outpatient treatment are the living arrangements. During inpatient treatment, individuals reside at the treatment facility, while outpatient treatment means individuals live at home or in a drug-free environment while they are attending treatment. Living at home can trigger individuals to relapse sooner and provide a more challenging environment for individuals to learn and adapt.

Individuals completing outpatient treatment must be very motivated to complete the program. Not only are there more daily triggers early on, but maintaining a semblance of normalcy in the early days of recovery can be a challenge.

However, outpatient treatment is like inpatient treatment in terms of therapies and group and individual counseling. If you attend a structured program, you should participate in a combination of both individualized therapies with a counselor and structured group therapy.

## How to Know What Treatment Is Best For Me

There is a process for determining the best type of addiction treatment for you. When it comes down to determining the difference between inpatient and outpatient treatment, individuals should consider what will be most effective for them and its impact on their lives.

Aside from the living arrangements, the difference between outpatient and inpatient treatment includes the structure and downtime available between treatments. In a residential facility, you are living somewhere that is designed to be safe, supportive, and most importantly, drug and alcohol-free. In an outpatient program, individuals who stay in their homes may face more challenging experiences. The downtime between therapy and addiction treatment sessions can be challenging for newly sober individuals.

Additionally, individuals who are struggling with an additional mental health disorder like anxiety, depression, mood or personality disorders, PTSD, or trauma may find the difference between outpatient and inpatient treatment to be too significant. Inpatient treatment facilities will often specialize in supporting individuals with a number of mental health disorders in addition to their addiction treatment, while outpatient facilities often focus solely on addiction treatment.

## Finding Drug and Alcohol Treatment in the Midwest

Individuals interested in finding the best drug and alcohol treatment in the Midwest should contact Impact Wellness Network. Our network of [top-rated treatment facilities](#) are designed to support you through each and every step of the treatment process. From [detoxification](#) to [outpatient treatment](#), our [high-quality facilities](#) and medically-trained compassionate staff are ready to help you make a change in your life. [Find out how we can help](#) you today!

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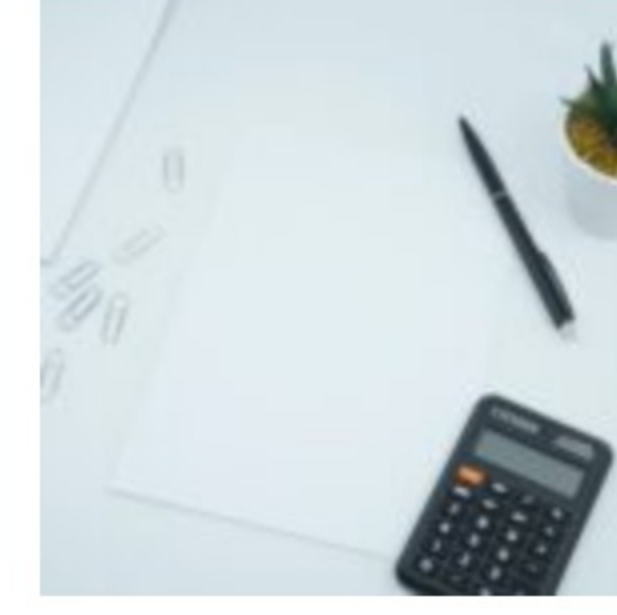
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Discovering Your Passions: Exploring Hobbies and Interests to Enhance Your Life in Sobriety

Embarking on the journey of sobriety is a transformative experience that opens doors to self-discovery and personal growth. One of the key elements in maintaining a successful and fulfilling sober lifestyle is the exploration and cultivation of passions and interests. We will delve into the importance of discovering your passions, how hobbies can enhance your... [Read more](#)



Navigating Financial Wellness and Stability After Addiction Treatment: A Guide to Taking Care of Your Finances

Embarking on the journey of addiction recovery is a commendable and transformative experience. However, the challenges don't end with the completion of a treatment program. Achieving financial stability post-treatment is often an overlooked aspect of recovery. We'll explore the importance of taking care of your finances after addiction treatment and provide insights into navigating financial... [Read more](#)



The Importance of Self-Reflection: Taking Time to Pause, Reflect, and Grow in Sobriety Through Treatment

Embarking on the path to sobriety is a transformative journey that involves not only breaking free from the chains of addiction but also fostering personal growth and self-discovery. Amid the challenges that come with rehabilitation, the importance of self-reflection cannot be overstated. We will dive into the significance of taking time to pause, reflect, and... [Read more](#)



Creating a Vision for the Future: Setting Goals and Building a Life Beyond Alcohol Rehab

Embarking on the journey of alcohol rehabilitation is a courageous step toward a healthier and more fulfilling life. As individuals navigate through the process of recovery, it becomes crucial to not only overcome addiction but also to envision a future that is free from the constraints of alcohol dependency. Creating a vision for the future... [Read more](#)



Connecting with Your Inner Child: Healing Past Wounds and Finding Joy in the Present After Addiction Rehab

Do you ever feel like life is overwhelming and it's hard to find joy? Do past experiences and damaging relationships have a way of pushing their way into your everyday life? Are you looking for ways to reconnect with yourself, heal old wounds, and bring back the childlike wonder that seems so elusive in adult... [Read more](#)

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