

IOP [Have a peek at this website](#) Drug Rehabs San Diego California Intensive Outpatient HGR The intensive outpatient program (IOP) at HGR Drug Rehabs San Diego California is designed for clients who need structured clinical support while maintaining the flexibility to continue working, attending school, or managing family responsibilities. The program meets three times per week for three hours per session, providing a substantial level of therapeutic engagement that research supports as effective for addiction recovery while allowing clients to remain in their own homes and communities. Former clients who completed the HGR IOP describe the program in terms that capture both the practical accessibility and the genuine clinical value. One former client, Russel, writes that he was initially apprehensive about meeting three times per week for three hours each time, but after the first session he said he loved it. His IOP experience allowed him to continue working while getting the help he needed, and he achieved 67 days of sobriety at the time of his review, attributing this to both the program structure and the care of Nora Jenkins and the staff. IOP at HGR is not simply a lower-intensity version of inpatient treatment. It is a distinct clinical program that integrates group therapy, individual sessions, and psychoeducation in a format designed for people who are living in the real world and building recovery skills within their daily environment. Social outings and activities organized for IOP clients, including trips to San Diego beaches and local attractions, support the development of a sober social life.

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The IOP is appropriate as a step-down from residential treatment, as a primary treatment level for clients with strong social support and stable housing, or as a structured continuing care program after completing higher levels of care. HGR accepts most PPO insurance for IOP services, including Aetna, Blue Cross Blue Shield, and Cigna. Call HGR Drug Rehabs San Diego California at 760-697-0497 to discuss IOP drug rehabs in San Diego. The office is located at 402 W Broadway Suite 400.

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Drug & Alcohol Rehab San Diego, CA

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