

Structure is one of the hardest things to hold onto in early recovery once the daily schedule of a residential program ends. An intensive outpatient program is built to replace that structure with something a person can actually keep up while returning to work, school or family life. At Alpha Recovery Center in Lancaster, the intensive outpatient program offers several hours of group therapy and individual sessions each week without requiring clients to live onsite, which makes it a natural next step after residential treatment or PHP, or a starting point for someone whose situation does not call for round the clock care. Sessions draw on the same clinical tools used earlier in treatment, cognitive behavioral therapy, dialectical behavior therapy, trauma informed care and family therapy, so the approach does not change even though the setting does. Life skills classes continue as well, since managing work, transportation and daily routines is often the hardest part of this stage. Clients in IOP are treated for the same range of substances addressed throughout the program, including alcohol, methamphetamine, cocaine, heroin, fentanyl and prescription painkillers, and many continue seeing the same therapists they worked with in residential care, Bryan among them, which keeps the relationship consistent through every level of care rather than starting over with a stranger each time. Clients coming from Lancaster, Palmdale or Quartz Hill often choose IOP specifically because it lets them keep a job or continue schooling while still attending structured sessions several times a week.

Alpha Recovery Center | Drug and Alcohol Detox | 7316 W Ave D-8, Lancaster, CA 93536 | (866) 813-0909

Because IOP asks clients to manage more of their own schedule, aftercare planning and alumni support are built in from [drug rehabs Los Angeles](#) the start rather than added once treatment ends, and insurance carriers including Cigna, HealthNet, Horizon and Unicare are accepted, with verification handled free over the phone before a client commits to anything. The facility's 5.0 rating across 43 Google reviews reflects clients at every level of care, not only those in residential treatment, and several reviews specifically describe how manageable the IOP schedule felt once daily life resumed. For families researching an intensive outpatient program among the drug rehabs Los Angeles County has to offer, Alpha Recovery Center can be reached at (866) 813-0909 at any hour, with the Lancaster facility located at 7316 W Ave D-8 for anyone who wants to visit first.