

What Is the Difference Between Inpatient and Outpatient Drug Rehab San Diego One of the most common questions families ask when they begin researching drug rehabs in San Diego is what the difference is between inpatient and outpatient treatment, and which is the right level of care for their situation. HGR Drug Rehabs San Diego California [Drug rehabs San Diego California](#) provides both inpatient residential treatment and several levels of outpatient programming, and the clinical team works with each client and family to identify the appropriate starting point. Inpatient residential treatment means the client lives at the facility for the duration of treatment, typically a period of weeks to months depending on clinical needs. The residential environment removes the client from the triggers and stressors of daily life, provides 24-hour supervision and support, and allows for intensive clinical programming that could not be delivered on an outpatient basis. For clients with severe dependence, multiple previous treatment attempts, unstable housing, or significant co-occurring mental health conditions, residential treatment is typically the appropriate starting point. Outpatient treatment, and particularly the intensive outpatient program (IOP) that HGR offers, is appropriate for clients with strong social support, stable housing, and the daily functioning necessary to manage their responsibilities while attending treatment sessions several times per week. The HGR IOP meets three times weekly and provides clinical programming that supports meaningful recovery while preserving the client's ability to work and maintain family relationships.

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Many clients at HGR move through multiple levels of care during their recovery journey, beginning with detox and residential treatment and stepping down to IOP and then standard outpatient as their stability improves. This continuum of care approach produces the best outcomes because it maintains clinical support through the most vulnerable phases of early recovery. Call HGR Drug Rehabs San Diego California at 760-697-0497 to discuss which level of care is right for your situation. The team is available 24 hours a day.

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