

# HGR Drug Rehabs San Diego

**402 W Broadway Suite 400, San Diego, CA**

**760-697-0497**

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**Drug & Alcohol Rehab San Diego, CA**

**drugrehabssandiego.com**

What to Expect in an IOP Drug Rehabs Program San Diego HGR The intensive outpatient program (IOP) is a level of care that many people are not familiar with before they begin researching drug rehabs in San Diego, and understanding what it involves helps families evaluate whether it is the right starting point or next step for their situation. HGR Drug Rehabs San Diego California's IOP meets three times per week for three hours per session and provides a structured clinical program that produces meaningful recovery progress while allowing clients to remain in their home environment. A typical IOP session at HGR includes group therapy as its primary format, supplemented by individual therapy appointments and psychoeducational content. The group format is a core element of IOP effectiveness: being in a structured therapeutic community with others who are navigating early recovery provides social support, shared learning, and the development of communication and relationship skills that are essential in sustained sobriety. The clinical content of HGR's IOP draws on CBT and DBT frameworks, which means sessions focus on identifying and changing thought patterns that drive addictive behavior, developing emotional regulation skills, and building practical coping strategies for the <https://www.mediafire.com/file/4s8d16k8k4nmh2g/pdf-75474-42396.pdf/file> challenges of daily life in recovery. The IOP also incorporates the holistic elements that characterize HGR's broader programming, including organized social activities like beach excursions.

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Former HGR IOP clients describe the experience as one that exceeded their initial expectations. Russel, who attended the IOP while continuing to work, writes that after the first session he loved it and attributes 67 days of sobriety to the program and Nora's caring staff. Call HGR Drug Rehabs San Diego California at 760-697-0497 to discuss IOP drug rehabs in San Diego. Office at 402 W Broadway Suite 400.