



HOPE HOUSE TREATMENT CENTERS

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For more information on Outpatient services, contact:
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OUTPATIENT



Intensive Outpatient (IOP) Level of Care

IOP is for those needing treatment who are ready to return to work, school or other responsibilities or who do not require a higher level of care. Our IOP is led by a Licensed Clinical Alcohol and Drug Counselor and utilizes recovery self-help groups and proven clinical treatment methods to help you make positive life changes.



Outpatient (OP) Level of Care

Our Outpatient program is for those needing flexible treatment plans to accommodate daily commitments. Group and individual counseling sessions are also offered to address the diverse needs of clients.



Introduction to Mutual Support Groups (i.e. SMART Recovery, AA/NA/CDA,GA)

Recovery-oriented mutual self-help groups can aid recovery from substance use disorders (SUDs) and facilitate personal growth through self-exploration and peer support. Although these groups are not a part of professional treatment, they can provide a rich source of support for recovery and complement other treatment. Mutual self-help groups include a variety of programs, including SMART Recovery, AA, NA, CDA, and GA.



Pre/Post-Operative Liver Transplant Group

Our Pre/Post-Operative Liver Transplant Group serves those in waiting for, or have had, a liver transplant due to alcohol use disorder (AUD). Specific areas of education and discussion include the impact of alcohol on the liver, keeping track of model end-stage liver disease (MELD) scores, relapse prevention, nutritional and medication adherence, maintaining a solid support group, and dispelling the myths associated with post transplant life.



SMART Recovery

SMART Recovery® is a transformative method of moving from addictive substances and negative behaviors to a life of positive self-regard and willingness to change using a Four Point Focus: building and maintaining motivation; coping with urges and cravings; managing thoughts and behaviors; and living a balanced life.



12-Step Immersion

Regular participation in 12-Step groups and ongoing 12-Step practice can provide the support and guidance needed for long-lasting sobriety. Designed for people in recovery, as well as their loved ones, these groups provide purpose and direction while also helping to develop a relationship with a Higher Power and learning to live with altruism and honesty.



Treatment for Gambling

A comprehensive gambling assessment is completed to determine specific treatment needs and appropriate level of care recommended. We also provide counseling to individuals who had previously chosen to be placed on the Maryland Voluntary Exclusion Program's list and are requesting approval to return to Maryland Casinos.



DWI/DUI Classes

Our educational series is led by a professionally certified Addictions Counselor. Participants receive a complete overview of relevant issues, including Maryland laws concerning DWI/DUI, consequences associated with driving after drinking, alcohol related health issues, defining "addiction", impact on family and friends, 12-step groups and other resources.

