

Outpatient Treatment

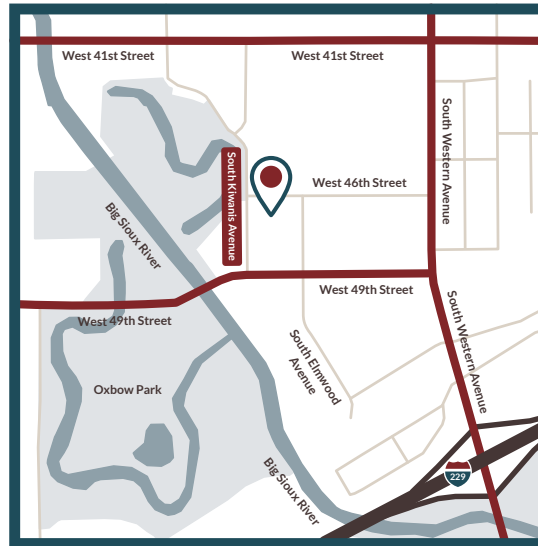
At Keystone Treatment Center, we provide intensive outpatient programming (IOP) for adolescents ages 13–18 and adults age 18 and older of all genders who are struggling with substance misuse, gambling addiction, and dual diagnosis concerns. By offering this highly structured form of outpatient therapy, we ensure that our patients have access to services that meet them where they are in their recovery journeys.

Our IOP offers services to adolescent and adult patients for several hours a day, multiple days a week. This is an ideal level of care for people who are medically stable but require a more intensive therapeutic environment than traditional outpatient therapy provides.



KEYSTONE
TREATMENT CENTER

Outpatient Facility



Outpatient Facility

3800 South Kiwanis Avenue
Sioux Falls, SD 57105

Main Location

1010 East 2nd Street
Canton, SD 57013

(605) 335-1820

www.keystonetreatment.com



KEYSTONE
TREATMENT CENTER

INTENSIVE OUTPATIENT PROGRAM

www.keystonetreatment.com

What To Expect

Types of Therapy

We individualize every person's treatment to ensure that our patients are best prepared to achieve their recovery goals. While taking part in our intensive outpatient program, you may participate in multiple forms of therapy depending on your unique recovery goals. These may include:

- Daily group & experiential therapies
- Individual therapy as needed

Therapeutic Experience

Our clinical team understands the importance of providing age-appropriate care for the adolescents and adults who take part in our intensive outpatient programming. When you participate in our IOP, you will work closely with highly experienced licensed or certified addiction counselors who will deliver your care with compassion and respect.

Group therapy is the primary treatment method used in our IOP. Depending on various personal factors, these daily groups may include interactive sharing sessions, discussions on relevant topics, 12-Step programming, and skills training. Experiential therapies such as arts and crafts and recreational therapy may also be part of your daily recovery process during your time at our treatment center. Additionally, your care team can schedule individual counseling sessions as needed.

For patients who are struggling with methamphetamine addictions, we offer Intensive Methamphetamine Treatment (IMT) through the Matrix program. This 32-session program takes place Monday, Tuesday, and Thursday for two to three hours each day and includes five sessions of aftercare.

Features & Benefits

The intensive outpatient program at Keystone Treatment Center is a flexible, convenient treatment option for adolescents and adults who are struggling with addiction or a dual diagnosis. Features and benefits include:

- Clinically excellent care team
- Personalized treatment plans
- Daytime & evening sessions
- 12-Step recovery model
- Evidence-based therapies
- Respectful environment
- Family & alumni services
- Comprehensive discharge plans
- Weekly recovery maintenance meetings for alumni

Most people participate in our intensive outpatient program for eight to nine weeks, but the actual length of time you spend in our IOP will depend on your individual progress and recovery goals. Our expert team will work closely with you to determine the most beneficial time frame for your program participation.



Personalized Treatment

Before entering the intensive outpatient program at Keystone Treatment Center, you will complete a comprehensive assessment of your presenting symptoms, medical history, and past substance use.

This highly personalized process allows us to create a treatment plan that is tailored to your specific strengths, challenges, and needs.

We believe that recovery is a collaborative process, so your care team will be with you every step of the way. They will monitor your progress and adjust your treatment plan as needed to ensure that you remain on track to achieve sustained recovery.

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