Highway 14 climbs north out of the San Fernando Valley and into the high desert, and for a lot of Los Angeles County residents it is also the route to an outpatient program that does not require putting the rest of life on hold. Outpatient treatment at Alpha Recovery Center is the lightest touch level of care the program offers, designed for clients who have already completed detox, residential treatment or IOP and need ongoing support rather than daily supervision. It is also, for some clients, the level of care that fits from the start, when a person's situation allows them to keep living at home while still getting structured help. Individual therapy and group sessions continue on a set schedule, with the same clinical foundation, cognitive behavioral therapy, dialectical behavior therapy and trauma informed care, carried through from earlier stages of treatment rather than swapped out for something new. Clients working on alcohol, opioid or stimulant use all continue in this same outpatient structure, just with fewer scheduled hours than PHP or IOP required. For clients living in Lancaster, Palmdale, Quartz Hill or elsewhere in the Antelope Valley, outpatient care at Alpha Recovery Center means staying close to home while keeping a direct line to the same team that saw them through detox, including therapist Bryan and the wider clinical staff. Sober recreational outings, including kayaking trips and group outings, remain part of the culture even at this stage, giving clients a practical way to practice enjoying life without substances involved. Life skills classes are still offered for clients who want extra support building routines that hold up outside a structured program, and cognitive behavioral therapy techniques introduced earlier in treatment are reinforced rather than left behind once the schedule lightens.

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

Alpha Recovery Center holds a 5.0 rating from 43 Google reviews, and outpatient clients are covered by the same insurance carriers used throughout the program, including Blue Cross Blue Shield, HealthNet, UMR and ComPsych, with free verification over the phone before any commitment is made. Clients also keep access to family therapy sessions if a loved one wants to stay involved during this stage, and staff remain available for questions well after a client has stepped down to this level of care. Anyone looking for outpatient drug rehab Los Angeles County residents can attend without relocating can call Alpha Recovery Center at (866) 813-0909, or visit the Lancaster location at 7316 W Ave D-8 to learn how the outpatient schedule actually works.