Journey through Our Levels of Care

Customize your recovery journey by participating in the level of care that best meets your unique needs. Discover the unique support options we offer at each care level below.

3 LEVEL

- 3.5 Residential Treatment
- 3.7 Inpatient Detox

If you're seeking daily, structured support during your journey, level three may be the right fit for you. All care at this tier is Inpatient, immersing you in 24/7, on-site services.

2 LEVEL

- Intensive Outpatient Program 2.1
- 2.5 Partial Hopsitalization Program

Looking for structured support 3-5 days a week while returning to the comfort of your home in the evenings? Care in the level two range will be right up your alley!

1 LEVEL

- Outpatient Programs 1.0
- Gambling Program 1.0
- Counseling Services 1.0

Level One care is a great fit for those seeking specialized support but on a less intensive basis. Patients at this level are involved in less than nine hours of care weekly.

Want to learn more about these services? Flip the page!

Inpatient Detox

Individuals receiving care in our Inpatient Withdrawal Management program are provided 24-hour, detoxification care and assistance. Our patients are observed by our doctor or nurse practitioner while our equally caring and qualified nursing staff aid with assessment and medication.

3.7

Residential Treatment

Residential treatment offers round-the-clock care for patients as they journey to recovery. With the help of a counselor, peer supporters, and case managers, clients engage in individual therapy, group therapy, psychoeducation groups, and more in the warmth of our interactive facility.

3.5

Partial Hospitalization Program (PHP)

PHP immerses patients in a care experience similar to Residential during the day before they return to the comfort of their home in the evenings. Clients who enroll benefit from group and individual sessions, as well as access to case management, peer support, & eligibility-based MAT/psychiatric support.

2.5

Intensive Outpatient Program (IOP)

CAT's Intensive Outpatient Program (IOP) offers patients evidence-based, individual and group counseling services. Clients experience a schedule that's more flexible than Residential services and more intensive than standard outpatient counseling.

2.1

Counseling Services

Individual counseling sessions give patients the opportunity to heal independently, while our counseling options for family and/or couples provide patients and their loved ones the ability to heal relationally.

1.0

Gambling Program

This service provides patients with problem gambling disorder treatment through a customized care plan that meets each client's unique needs on a virtual or in-person basis.

1.0

Outpatient Programs

In addition to the services listed above, we also offer the following unique programs: Medication Assisted Treatment (MAT), Recovery Peer Group, Outpatient Grief Services, Family Education Group, Fatherhood Services, and the Substance Abuse Mental Illness Group.

1.0