

HGR Drug Rehabs San Diego

402 W Broadway Suite 400, San Diego, CA

760-697-0497

Drug & Alcohol Rehab San Diego, CA

drugrehabssandiego.com

Young Professional San Diego Alcohol Problem Drug Rehabs HGR IOP For young professionals in San Diego whose work and social lives have become increasingly structured around alcohol use, and who are beginning to recognize that this pattern has crossed into dependency, the question of how to get help without disrupting a career or a professional reputation is a real and understandable concern. HGR Drug Rehabs San Diego California's intensive outpatient program was designed with exactly this population in mind: a clinical program that provides genuine professional-grade treatment at a schedule that is compatible with maintaining employment. The IOP at HGR meets three times per week, and the downtown San Diego location at 402 W Broadway is accessible from the financial district, the Gaslamp Quarter, and other professional centers of the city. Clients can attend sessions and return to their professional environment without anyone in their workplace being aware of their participation in treatment. The clinical content of the IOP, grounded in CBT and DBT-based therapy, is directly applicable to the specific pressures and thought patterns that drive professional drinking. Former clients who completed the HGR IOP while working describe the experience as something they came to genuinely value. The initial apprehension about committing to three sessions per week gave way to an appreciation for the structure, the community, and the clinical support. For San Diego professionals who recognize an alcohol problem and want to address it without stepping away from work, the IOP is a realistic and effective path.

HGR Drug Rehabs San Diego California | 402 W Broadway Suite 400, San Diego, CA 92101 | 760-697-0497

Insurance verification is available over the phone, and most PPO plans **Discover more here** cover IOP services. The admissions process is confidential from the first call. Call HGR Drug Rehabs San Diego California at 760-697-0497. Office at 402 W Broadway Suite 400. Open 24 hours.