What is OBOT?

When it comes to treating opioid addiction, research has shown that the best outcomes are found when medication is combined with psychological treatments. OBOT, or Office Based Opioid Treatment, refers to the model of treatment that is facilitated in an outpatient setting rather than an inpatient or residential facility.

At Phoenix House, we recognize the need to treat complicated issues related to addiction in an accessible and professional environment. Services and delivery of care at our OBOT clinic are overseen by a psychiatrist in conjunction with a Family Nurse Practitioner. This ensures delivery of medically monitored, evidence based care.

Treatment structure refers to elements such as the requirements a patient must meet in order to initiate and continue treatment. Examples include attendance compliance, discontinued use of illicit drugs, and participation in psychosocial services.

Treatment intensity refers to the number of treatment components the patient utilizes and the frequency with which the patient participates. Frequency of counseling sessions can vary from six hours per day in PHP to one per month in OP; the length of counseling session can range from ten minutes to one hour, and the type of counseling can range from classroom sessions to those where the patient engages in an active role with the counselor.

To make an appointment or to find out more, call 703 841 0703, Opt. 1