

Is Ideal Option a residential program?

No. Ideal Option is an outpatient clinic – very much like a primary care or other medical office. Patients do not stay overnight, they see us for short appointments, every few days to start and then less frequently over time. Our most stable patients come into the clinic for 30-minute appointments just once a month.

What insurance do you accept?

We accept Medicaid, Medicare, Tricare, and most private insurances.

How much does treatment cost?

The cost of treatment depends on if you have commercial insurance, Medicaid, Medicare, or if you are paying out of pocket. When you call to make an appointment, you'll be transferred to a financial specialist to verify your insurance or discuss payment options. Our financial specialists will also provide you with an estimate of total cost so you will know what to expect. Most Medicaid plans do not require a co-pay, but every state differs.

Will I get kicked out if I test positive for drugs during treatment?

No. We understand that addiction is a relapsing chronic disease. We do not therefore, penalize you for testing positive on drug tests during the course of your treatment. Instead, we approach return to use as an indicator of instability and work with you to make adjustments to your treatment plan and get you support from social and behavioral health services.

How many days of medication will I get at a time?

All patients receive a refill for their prescription medication at each visit. For the first couple of weeks, visits are scheduled every few days, then visits are weekly, bi-weekly, and for our most stable patients, once every 3-4 weeks. Changes to the frequency of visits may be made at any time by our providers depending on the patient's stability.



CALL US

Call 1.877.522.1275 between the hours of 4am-8pm Mon-Fri or 8am-6pm Sat-Sun (Pacific Time)



WE CALL YOU

Complete a call-back form on our website and a patient care representative will call you within 24 business hours



LIVE CHAT

Chat live with a patient care representative on our website and make an appointment for you or a loved one

WHAT TO EXPECT

Ideal Option is a national leader in evidence-based, low-barrier medication-assisted treatment for addiction to opioids and other substances.



Why choose Ideal Option?

Ideal Option is a national leader in office-based medication-assisted treatment for addiction to opioids and other substances.



No Financial Barriers

We endeavor to help every patient who comes to us, regardless of insurance status. All forms of insurance including Medicaid and Medicare are accepted and financial assistance and payment plans are available.



No Wait Lists

Patients are scheduled for their first appointment within 24 hours or on the same day if possible. Walk-ins are welcome and urgent referrals from community partners such as jails and emergency departments are prioritized.



No Overnight Stays

Ideal Option provides treatment in an outpatient setting that feels like a primary care clinic. Our convenient locations allow patients to maintain relationships with family and take advantage of employment opportunities.



No Penalties

We understand that addiction is a chronic condition where slips and relapse is common. While return to use episodes will trigger a review of a patient's treatment plan, patients are never penalized or expelled.

Opioid use disorder is a chronic disease that can be managed with treatment.

Opioid use disorder, or opioid addiction, causes neurological and cognitive changes that can lead to harmful, self-destructive behaviors and compulsive, involuntary drug-use. Like diabetes, cancer and heart disease, addiction is caused by a combination of behavioral, environmental and biological factors. Genetic risk factors account for about half of the likelihood that an individual will develop an addiction.

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences. Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.

– American Society of Addiction Medicine (ASAM) Definition of Addiction



Medication-assisted treatment is the gold standard for opioid use disorder.

Medication-assisted treatment (MAT) combines FDA-approved medication, such as buprenorphine and naltrexone, with behavioral services. There is no maximum recommended duration of treatment, and for some patients, treatment may continue indefinitely. MAT is the only treatment option shown by research to be effective for opioid use disorder (OUD).

“Medication-assisted treatment combined with psychosocial therapies and community-based recovery supports is the gold standard for treating opioid addiction.”

– U.S. Surgeon General



Four Stages of Treatment

We care for every patient with empathy, respect, patience and understanding. Most of our patients stay with us in treatment for 12 months or longer and typically progress through four stages of treatment.



Stage 1

During the first two weeks of treatment, our patients visit our clinic twice per week and we prescribe 3-5 days of medication at a time.



Stage 2

Over the next four weeks of treatment, as our patients stabilize, we see them weekly and prescribe 7 days of medication at each visit.



Stage 3

After approximately six weeks of treatment, patients who are showing signs of stability may be able to see us once every two weeks.



Stage 4

Very stable patients may eventually shift into a maintenance phase with appointments once every 3-4 weeks for as long as necessary.