



# Innovative Health Systems Highlights Outpatient Addiction Treatment as a Summer Option for Westchester County Adults

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WHITE PLAINS, NY, UNITED STATES, July 10, 2026 /EINPresswire.com/ -- As summer schedules fill with work, family obligations, and travel, Innovative Health Systems is reminding adults in Westchester County that addiction treatment does not require putting life on hold. The outpatient addiction treatment center in White Plains continues to offer a flexible model of care that allows patients to begin recovery while maintaining their jobs, family responsibilities, and daily routines.

## Treatment That Fits Into Real Life

For many adults considering treatment, the idea of stepping away from work or family for weeks at a time is one of the biggest barriers to getting started. Innovative Health Systems' outpatient model is designed specifically to remove that obstacle. Rather than requiring a residential stay, the [outpatient programming](#) allows patients to attend scheduled treatment sessions while continuing to live at home, go to work, and care for their families.

This approach is particularly relevant during the summer months, when many adults are managing vacations, childcare gaps, and shifting work schedules. Outpatient care allows individuals to fit treatment around these commitments rather than choosing between recovery and responsibility.

## Walk-In Availability Removes a Common Barrier

Innovative Health Systems also offers walk-in availability for individuals who are ready to begin treatment without waiting for a scheduled intake appointment. This accessibility matters most in the moment someone decides to seek help. By removing the need to wait days or weeks for an opening, Innovative Health Systems ensures that motivation to start treatment is not lost to scheduling delays.

Walk-in appointments allow patients to undergo an initial evaluation and begin building a personalized treatment plan as soon as they are ready, rather than navigating an extended intake process.

## Medication-Assisted Treatment Supports Long-Term Stability

Innovative Health Systems' outpatient services include [Medication-Assisted Treatment \(MAT\)](#) programs designed to support patients managing opioid or alcohol use disorders. MAT

combines FDA-approved medications, including Suboxone, Naltrexone, Vivitrol, and Sublocade, with individual and [group counseling](#) to address both the physical and behavioral aspects of addiction.

For working adults, MAT can be an especially practical option. Medications such as Vivitrol and Sublocade are administered on a monthly basis, reducing the burden of daily medication management and allowing patients to focus on maintaining stability in their everyday lives. Combined with counseling, MAT supports patients in reducing cravings and withdrawal symptoms while continuing to manage work and family obligations.

#### A Continuum of Care Built Around the Patient

Every patient at Innovative Health Systems begins with a comprehensive substance abuse evaluation, allowing clinicians to recommend the most appropriate combination of counseling, medication management, and support services. This individualized approach reflects the organization's broader philosophy that recovery should be built around the patient's life, not the other way around.

#### Accessible Care for Westchester County Residents

Innovative Health Systems accepts most major insurance plans, including Medicaid, Blue Cross Blue Shield, Aetna, and United Healthcare, helping to reduce the financial barriers that often prevent adults from seeking treatment. The organization has served the Westchester County community for more than 35 years, providing outpatient care to adults and adolescents managing substance use disorders.

#### About Innovative Health Systems

Innovative Health Systems is a full-service outpatient addiction treatment center located in White Plains, NY. The organization provides evidence-based care for adults and adolescents managing substance use disorders, including drug and alcohol addiction, opioid dependence, and co-occurring conditions. With more than 35 years of service to the Westchester County community, Innovative Health Systems offers a comprehensive range of programs, including Medication-Assisted Treatment, individual and group counseling, DWI programs, and substance abuse evaluations. The organization accepts most major insurance plans and offers walk-in availability to ensure that individuals seeking help can access care when they need it most.

#### Availability and Next Steps

Contact today to begin with recovery: <https://www.innovativehealthsystemsinc.com/contact-us/>

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