



CHOOSING AN ADDICTION TREATMENT CENTER

Welcome

Congratulations. You may not realize it, but by downloading this document, you've made a critical step in your recovery.

Choosing the right treatment center is an important decision that requires thought, time and care. Unfortunately, the rehab selection process can be confusing and overwhelming. This brief guide will help you sort through the many options, identify your needs and expectations, and make a confident, informed choice. Let's get started!

Key evaluation categories

There are many ways to evaluate a treatment facility. To make things more manageable, we've identified the following key areas to focus on:

- Treatment/program options
- Assessment/diagnostic capabilities
- Cost/admissions procedure
- Staff accessibility/credentials
- Facilities/location/amenities/extracurricular
- Family/support system involvement
- Continuing care/relapse prevention
- Safety/containment

Identifying your needs and desires

What are the most important rehab criteria for you? Take a few minutes to list your top three (e.g., accessibility of staff, privacy, cost, location, reputation).

If you're not sure, keep reading and return to this section later.

1. _____
2. _____
3. _____

Evaluating a rehab: Questions to consider

What is the center's approach to treatment? Is it based on a 12 step philosophy? Is it a clinical/medical model utilizing best practices?

Why this is important - It is important to know what the core philosophy of a program is, as it informs the type of treatment you will receive. Social model programs are going to be more focused on group counseling and building recovery skills while clinical/medical models usually focus on core issues that are driving an addiction and incorporate more individual sessions with psychiatrists, psychologists or licensed therapists.

Does the center offer dual-diagnosis treatment?

Why this is important - Most addicts suffer from undiagnosed or mistreated mental health disorders. If left unresolved, co-occurring conditions can undermine even the most effective care, as they frequently contribute to the addiction.

Does the center perform psychological and neuropsychological testing on all clients?

Why this is important - If there is a co-occurring psychological or psychiatric disorder, it is critical to obtain an accurate diagnosis and build that into a client's treatment and discharge plan. Comprehensive testing can often uncover previously undiagnosed psychological issues that were contributing to an addiction. Without a proper diagnosis, relapse is likely.

Is there a psychiatrist available, and if so how accessible is s/he?

Why this is important - While this shouldn't necessarily disqualify a treatment facility, it is critical for clients with co-occurring psychiatric issues to have frequent access to psychiatric care.

Does the program offer "brain healthy" treatment?

Why this is important - According to the American Society of Addiction Medicine (ASAM), addiction is a brain disease with biological, psychological, social and spiritual manifestations. Many programs address the social and psychological aspects of addiction, but it is equally important to address the neurobiological and spiritual impact of addiction.

How much individual attention will you receive? What is the staff-to-resident ratio?

Why this is important - Individual therapy can generate the conditions for a faster, more durable recovery. Be sure to ask how many one-on-one therapy sessions are offered each week and whether therapy is offered in the evenings and on weekends. Also ask how many clinical staff are employed per client.

To what degree is center willing to tailor/modify/personalize your care?

Why this is important - No two addictions are alike. It is for this reason that personalized care, treatment that takes your unique history and circumstances into consideration, can yield a quicker and more durable recovery than group care alone.

What percentage of the staff is licensed and/or certified?

Why this is important - Alcoholism and drug addiction are complex diseases that require the care of trained and experienced physicians, psychologists, psychiatrists. When selecting a rehab, take time to review staff bios and credentials.

Does the facility offer onsite detox and 24 hour nursing?

Why this is important - The path to sobriety starts with detoxification, a delicate process that should be monitored by a caring and credentialed medical team—preferably one that is on site and available 24 hours a day, seven days per week.

To what degree is your existing support system (family, friends, outside therapists) involved in the treatment process?

Why this is important - The most effective drug and alcohol treatment centers have the flexibility to incorporate the resident's existing support system. This can strengthen the recovery program and help prevent post-treatment relapse.

How does the center treat those with a history of relapse?

Why this is important - Unfortunately, many rehab centers treat those with a history of relapse by mechanically sending them back to Recovery 101. This is usually unnecessary and often counterproductive.

Does the center provide aftercare services and relapse prevention education?

Why this is important - The threat of relapse is greatest immediately after leaving treatment. What level of commitment does the program offer post-discharge? Is there a time limit or additional cost?

What are your impressions of the facility and surroundings? Are they conducive to healing and recovery?

Why this is important - We all respond differently to our surroundings. Some find peace in the majesty of the mountains, others in the sounds of the ocean. When choosing a rehab, listen to your instincts—they often provide good guidance.

Additional Considerations

- What does the admissions process entail?
- What is the average length stay? How is the length determined?
- What unique services or treatment methods does the program offer?
- Are you comfortable with the level of privacy in the living arrangements?
- Does the center welcome questions and provide prompt responses?
- What kind of assessments are done (e.g., psychological testing, nutritional, etc.)
- What kind of ancillary or holistic services does the program offer?
- How are the meals? Are there vegetarian and vegan options?
- Is smoking allowed and does the program offer smoking cessation?

Treatment Worksheet

1 Complete one worksheet for each prospective treatment center

2 Compare and contrast treatment programs and facilities

3 Choose with confidence and start your recovery today!

Treatment center name:	Location:	Contact/contact info:
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What is the treatment model? Is it a social model or clinical model?

Does the facility offer extensive neuropsychological testing? If so, what kind?

Does the facility offer onsite detox?

To what degree is the center willing to tailor/customize/personalize your care?

Does the center offer dual-diagnosis treatment?

What percentage of the staff is licensed and/or Certified?

How much individual attention is involved? What is the staff-to-resident ratio?

Is there a fulltime psychiatrist on staff and if so how accessible is s/he?

To what degree is your existing support system involved in your treatment?

What kind of aftercare does the center provide and how much does it cost?

What are your impressions of the facility and surroundings? Are they conducive to healing and recovery?

Before you choose:

- Do you understand the admission procedure and cost structure?
- Does the program meet your personal criteria? (Refer to your list)
- What are your overall impressions?

Notes:

Comparison Chart

For quick and easy reference, assign each potential treatment center to a column and fill in the cells.

FACILITY LOCATION	Alta Mira Sausalito, CA				
Private Suites Available					
Brain Healthy Treatment					
Psychiatrist on Staff					
Four 1x1 Sessions/week					
Dual Diagnosis Treatment					
Psychological Testing					
On-Site Detox					
Lifetime Aftercare					
Chronic Relapse Program					
Family Involvement					
Cutting Edge Curriculum					
Holistic Services – Massage, Tai Chi, Yoga, Acupuncture, Sweat Lodge					
Evidence Based Practices – DBT, CBT, RET, EMDR					
Alternative Therapies – Energy Psychology, Equine Therapy, Creative Arts & Music Therapy, Adventure Program					
Spiritual Programs – Meditation Classes Spiritual Counseling					