

Seeking Addiction Treatment

What to Ask When You Call

Recovering from addiction to drugs or alcohol requires comprehensive addiction treatment that combines the most effective therapies with compassionate, holistic care. Finding the right treatment program is critical to optimizing your ability to heal and create lasting sobriety, and that process begins by asking the right questions.

Questions to Ask

Calling an addiction treatment program can seem like an intimidating prospect, especially if you are new to the recovery process and don't know what you are looking for. The following are a few of the most important questions to help you determine if a facility is the right place for you:

How do you support a person getting sober?

The most effective addiction treatment programs combine evidence-based clinical practices with holistic therapies, 12-step wisdom, and structured family supports to create an immersive, interdisciplinary treatment experience that addresses the full scope of addiction recovery.

Do you incorporate 12-step teachings?

Research has found that people who have a long-term treatment strategy that incorporates 12-step recovery have better outcomes not only in terms of sobriety, but in overall quality of life and personal contentment.

What qualifications do your clinicians have?

The best addiction treatment programs have an interdisciplinary mix of board certified physicians, psychiatrists, doctoral-level psychologists, and master's-level therapists who work together to provide multi-disciplinary care.

How is length of stay determined?

The length of stay should be based on the individual needs of each client and reassessed throughout treatment to ensure optimal recovery.

Is there medically supervised detox on the premises?

On-site medically supervised detox offers you the ability to immediately participate in the recovery community, even if extended detox is needed.

Is there an on-site psychiatrist? How is the psychiatrist involved in treatment?

Having ongoing contact with an on-site psychiatrist is critical to ensuring that both addiction and co-occurring mental health disorders can be fully addressed during treatment. The psychiatrist should perform in-depth psychological testing to assess your needs, achieve diagnostic clarity, and create a personalized treatment plan to support your healing. You should meet with the psychiatrist at least once a week throughout treatment to monitor your progress, manage any medications you may be on, and continuously tailor your care to meet your needs.

How are families involved?

For many, family involvement can be key to addiction recovery. Alta Mira invites family involvement during intake, weekly family visits, and offers a 4-day Family Program every four weeks, which family members are invited to attend as many times as they would like. We also have a dedicated family coordinator to help manage family involvement. The level of involvement will depend on the needs and preferences of each client.

Are you a dual diagnosis treatment facility?

Addiction and mental health disorders are deeply intertwined. Comprehensive, concurrent treatment of both is necessary for true, sustainable recovery and clinicians must have the training and experience to successfully treat people with complex needs.

What is your detox philosophy?

There are some who believe that detox should be hard so that it may act as a deterrent to future drug use. If that worked, every opiate addict who had gone through withdrawal would be sober. At Alta Mira, we are committed to providing the most positive, safe, and comfortable detox experience possible, minimizing both physical pain and psychological trauma to help you begin recovery with dignity and compassion.

How are detox protocols determined?

Detox protocols should be symptom-driven and determined by on-site, board-certified physicians who specialize in addiction medicine. Well-managed detox is designed around your unique needs and implemented to support your emotional and physical health; for some, no detox is needed at all, while others may require days or weeks of detoxification to safely begin recovery. All detox should be overseen by dedicated and highly trained medical staff who can monitor your progress and provide appropriate interventions.

What are the accommodations during detox?

Most detox facilities are designed to house two or more people to a room. At Alta Mira, all of our clients go through the detox process in private rooms with private bathrooms to create the most comfortable experience during what is a physically and emotionally difficult process.

Is there one-on-one support for people needing extra care during detox?

Some people who come to treatment are physically or cognitively compromised by drug or alcohol use, and require individual assistance during the detox process. We have specially trained staff available to provide continuous one-on-one support to ensure your safety.

What kinds of accommodations are available during treatment?

In order to fully engage in the treatment process, it is important that you feel comfortable and relaxed in the treatment environment. Having private and semi-private accommodation options is often a significant part of establishing that sense of comfort.

Can I come and go from the facility as I please?

A program that prioritizes your safety and recovery will require that you stay on campus for the duration of your treatment with the exception of planned group excursions or accompanied medical appointments.

Can you accommodate special requests?

Each person comes to treatment with unique interests, needs, and desires. If there is anything that you believe would enhance your treatment experience that goes beyond the usual offerings, ask if accommodations can be made.

Are prices all-inclusive?

Many treatment facilities charge separately for various components of treatment, such as detox, therapy sessions, and family programming. At Alta Mira, our all-inclusive pricing covers virtually everything aside from medications, labs, and specially requested services outside of the normal scope of treatment.

Can I bring my pet?

Pets can be a remarkable source of comfort and companionship through the recovery process, and being able to bring your pet to treatment can help you optimize your healing.

What kind of continuing care do you provide?

Creating strategies for maintaining sobriety after your time in residential treatment is an essential part of the recovery process. The treatment program should have a well-defined plan for continuing care that ideally includes a full range of outpatient services, such as an Intensive Outpatient Program, weekly support groups, and ongoing access to family support services.

— Addiction Recovery at Alta Mira —

Alta Mira's renowned addiction treatment program incorporates the most effective, scientifically-proven recovery approaches available to create lasting sobriety and psychological well-being. We are dedicated to creating the best treatment experiences to help people not only recover from the damage of substance abuse, but to live more fulfilling, authentic, and joyful lives. If you or your loved one is suffering from addiction, we encourage you to contact us at any time to find out more about our innovative program and how we can start the journey to recovery together.

Please reach out to us at 888-475-8177.