

Call Some Prospective Treatment Centers and Ask Questions

Once you've picked a few treatment centers that look good to you, call them and ask some questions about the residential programs that they provide. If the treatment center offers a number of different types of treatment programs and you're not sure which one is right for you, then ask them for guidance. When you're talking on the phone with treatment center staff, they should be friendly and helpful, and should answer all your questions to your satisfaction. If treatment center staff can make you feel comfortable on the phone, that's a good sign regarding the experience that you or a loved one will have as a patient.

Questions to Ask About an Inpatient Drug Rehab Center

- What accreditations and licenses do they have?
- What are the credentials and experience of their counsellors and therapists?
- Do they have medical doctors, nurses, psychiatrists, occupational therapists, dietitians or nutritionists, physical health professionals, and meditation and yoga teachers as part of their clinical team that provides care for patients?
- If you have concurrent mental health disorders—do they have a specialized program for treating your type of addiction together with the concurrent disorders that you have?
- Do they measure patient outcomes? If so, what are their results?

- Where are they located? What are the surroundings like?
- Are they affiliated with any established healthcare institutions?
- How quickly can you get admitted? Do they have a wait list?
- Do they do detailed assessments of new patients and create individualized treatment programs?
- Which evidence-based therapies do they use in their drug and alcohol treatment programs?(11) Which types of therapy and support are incorporated in their drug and alcohol treatment programs?
- How long is the treatment program that they're suggesting for you?
- If you need detox—do they offer medically supervised detox with medication assisted treatment?
- What relapse-prevention skills do they teach during treatment and how do they help with recovery planning?
- What nutrition education, and physical education and training do they provide in their drug and alcohol treatment programs?
- What self-care and life skills do they teach in their treatment programs?
- Do they teach meditation, mindfulness skills, and yoga?
- Do they have family programs? Would they arrange counselling sessions for a patient and their family, while the patient is in treatment, if needed?
- What are their rules regarding visitors and contacting people outside the treatment center while you're in treatment?

- Are their drug and alcohol treatment programs abstinence based or harm reduction?
- What is the availability of counsellors for patients? What is the availability of medical care for patients? 24/7 or less?
- What amenities are available for patients in residential programs?
- What are your rights as a patient in one of their residential drug or alcohol treatment programs?
- What happens if you relapse during treatment?
- What aftercare is included with their residential treatment programs? How do they connect you with other continuing care options after you complete treatment?
- What is the cost of their residential drug and alcohol treatment programs? Are all the services included or are there any extras?
- Can they help you figure out if your insurance or employee benefits will cover all or some of the cost of treatment?
- How long have they been providing residential drug and alcohol treatment?