

# HOW TO CHOOSE THE RIGHT TREATMENT CENTRE

All treatment centres are not created equal. Some are designed to look impressive—high-end furnishings, hot tubs—while putting far less emphasis on medical care, clinical oversight, and long-term recovery. When someone is suffering, comfort alone isn't treatment. What matters is qualified staff, a real medical presence, and support that lasts beyond discharge. These questions are designed to help you understand whether a treatment centre can deliver the best mental health and addiction care.

## Questions you need to ask when looking for a mental health or addiction treatment centre.

EHN CANADA FACILITIES

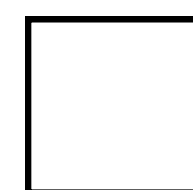
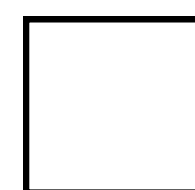
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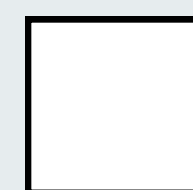
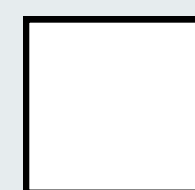
**Will my loved one be safe here at all times?** Is there medical staff on site 24/7? Are doctors physically present in the facility, not only virtually or on call?



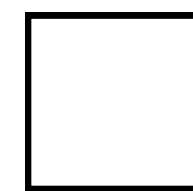
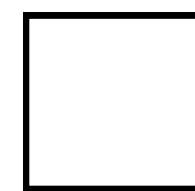
**Are you responsible if something goes wrong?** Are you fully licensed and accredited?



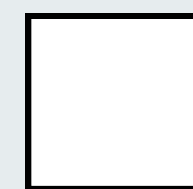
**Are there credentialed counsellors and therapists working directly with patients?** Do you have master's-level clinicians on staff?



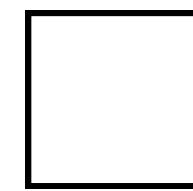
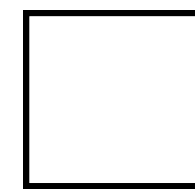
**Are potential patients assessed before being admitted into treatment?** Consider it a red flag if a facility accepts everyone.



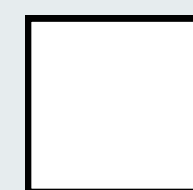
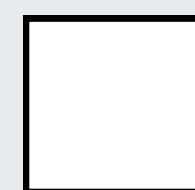
**Do you build an individualized treatment plan?** Is care based on a comprehensive assessment plan?



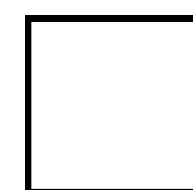
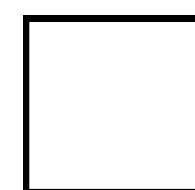
**Are staff trained to adapt if something isn't working?** Are clinicians trained in more than one approach so treatment can be adjusted to the person?



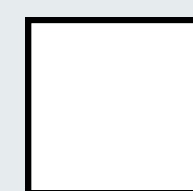
**Do you use Measurement-Based Care?** This invites patients into the treatment process, offering feedback that can guide the experience for better results.



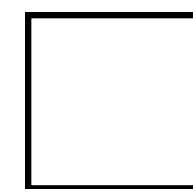
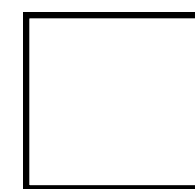
**Are families involved during the treatment process?** Do you include family education and counselling? Is it included in the cost of treatment?



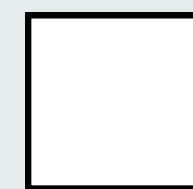
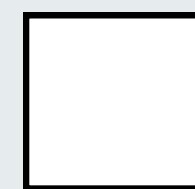
**Is there a care plan after discharge?** Do you offer extended care, transitional programming, or virtual intensive programs? Is aftercare included in the cost of treatment?



**Do alumni stay connected after treatment?** Is there structured community, peer support, or ongoing programming to reduce isolation and support long-term recovery?



**Is the cost of treatment all inclusive?** Does it include individual and group therapy, medical care, meals, accommodation, and recreational activities?



**WANT TO FIND THE RIGHT TREATMENT PROGRAM?**

Reach out to us at 1-866-694-8604 or complete our form at [ehn.ca/form](http://ehn.ca/form)



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WE CAN HELP.