

iAddiction :

**FIND A  
TREATMENT  
CENTER**

## Take The First Step to Addiction Treatment Today

Realizing that you, a friend or a loved one has a drug or alcohol problem is the best line of defense in seeking help from a professional addiction treatment center. Even if the addiction is advanced, a rehabilitation center can help successfully break the cycle of addiction and can offer many customized treatment programs that are specialized to treat each individual's needs.

### Educate Yourself

It is essential to educate yourself about the aspects of rehabilitation, tough love and intervention before choosing a center. You are in a fight for your life either to save your own or that of a loved one. Choosing an appropriate drug rehab program can be challenging, but there is no time to waste in finding the one that will help simplify the process. The assessment, and the frequently asked questions below, will help you find the right center for your needs.

### Inpatient Rehab

Inpatient programs provide a place to live for addicts during their treatments. These facilities range in quality but provide high levels of touch for the client. Inpatient rehab can be more expensive, but also provides a level of care, supervision, and attention that may not be possible in outpatient programs.

### Outpatient Rehabilitation

Outpatient programs provide more flexibility for the client. These programs allow you to leave the facility, attend other responsibilities, and are generally less expensive than an inpatient stay. However, outpatient programs may not be as effective as inpatient for many clients. The level of attention and care of an inpatient program is difficult for an outpatient program to match.

### Long Term Rehab

The most common rehab stay is 28 days. A stay longer than this qualifies as "long term" rehab. A long term program can last from just over 4 weeks to a year or more - as long as the client still requires treatment. This may include a stay in a rehabilitation facility, a period in a sober living home, and an outpatient sobriety coaching program. Long term rehab provides care and attention during potential relapses, which can prevent return trips.

### Short Term Rehab

While long term rehabilitation is a very successful mode of treatment, short term programs are often more accessible for the majority of the public. A short term program of 28 days or less allows the client to return to normal life activity sooner, which is a necessity for those with families or jobs.

### Do you or your loved one have a dependency that will require a 12-step traditional rehab?

Chances are you do if you recognize the need for help. Many successful rehab centers offer traditional programs based on progressive steps. This method allows certain other needs, such as physical and spiritual to be met as well as the physical addiction cured. Many facilities offer holistic or therapeutic programs that accompany the basic treatment program for you to choose from. The 12-step program is best known for alcohol treatment but can be utilized in other types of rehabilitation. Some facilities provide other special activities that are of interest that



work along with treatment, including golf, sailing, wilderness walks, snowboarding, hiking, surfing or fishing. Ask yourself what works best for you and determine the goals you want to reach.

### **Do you have a dependency on more than one substance?**

Many people who are dependent on drugs and alcohol have more than one dependency and require a dual-diagnosis treatment, one that can successfully treat each dependency. Many people try to self-treat certain habits, but without a center that has the resources to treat dual dependencies and the ability to diagnose these disorders, they are often impossible to cure. If you notice other dependencies accompanied by an alcohol and/or drug problem, chances are a dual-dependency treatment program is needed.



MANY PEOPLE WHO BECOME DEPENDENT ON DRUGS USE MORE THAN ONE SUBSTANCE.

**9.4%**

Drug users who use multiple substances

### **Would you like to be at a facility that offers you an open invitation to tour their center?**

Make sure you feel comfortable with whatever surroundings that are chosen. To get a true experience of what you or a loved one might find once you are in treatment, ask about a tour and find out whether you can visit with the professionals who will be responsible for treatment. Meet the staff and look over the facilities. Some programs may even allow you to sit in on a group session as a visitor. Check out the dining area and the sleeping arrangements. Discuss the program and what they can offer to treat the specific dependency you or a loved one might have.

### **Do you have a child that requires a facility that specializes in teen and adolescent problems?**

There are many facilities that specialize in teen and adolescent treatment for drugs and alcohol. A qualified center should offer an educational program so the child does not fall behind in school work. Some will offer college course work, GED studies and other continuing education programs. Make sure the treatment center you choose also offers a spiritual program, either through group, individual or family therapy. These sessions can be of great value in helping a teen understand why they chose to abuse alcohol or drugs.



### **Do you know if the facility is properly licensed?**

Many drug and alcohol rehabilitation centers are not required to be licensed. However, those that are generally offer a better program and better overall care with a qualified, professional staff. The centers that are licensed as professional treatment centers make quality care a top priority. The centers should also employ licensed counselors and physicians and caretakers, so you will want to make certain of the individual qualifications as well as those of the center before committing to any arrangement. However, you may find a center in line with your particular needs that does not hold a license but employs licensed professionals. There is nothing wrong with choosing this type of facility if you are comfortable with their treatment plan.

### **Will you need to detoxify your system from the chemical prior to starting rehabilitation?**

Detox is normally the first step to rehabilitation, whether you or a loved one is addicted to drugs or alcohol. Ridding the body of the addictive substance is the first step. This step is extremely important in the rehabilitation process and without it, a center will likely not be successful in rehabilitating someone who is dependent on drugs and alcohol. The process of detox should be accompanied by a trained medical staff. Determine what provisions for detox that a center offers. Some prefer the detox process be done at a medical facility and once completed, the patient is scheduled to transfer into the rehab center. Others offer detox facilities with trained medical professionals on the grounds, offering a smooth transition into rehabilitation programs.

## Do you need an inpatient rehabilitation facility?

A one-size-fits-all treatment is usually not successful in the treatment of a dependency on drugs and alcohol. Each person is different and so should their treatment plan be. The average stay for treatment will depend on the individual person and how well they approach rehabilitation. However, an approximate length of time should be given at the time of admission by the professional who evaluates the dependency. If you or your loved one is determined to succeed in rehabilitation, the process may not take as long, while those who struggle with living independently and free from drugs and alcohol may find the process takes longer.

## Do you know the requirements to be admitted to a rehabilitation center?

Many centers post their admission requirements either online or make them easily accessible to anyone considering treatment. Some require the detox process to be complete before admission, while others prefer admission prior to detox in order to offer a complete rehabilitation program. Make sure you are clear on all admission requirements for any facility you are considering, including all financials and how they will be handled.

## Do you know how you will pay for rehabilitation?

Be sure to receive an estimate of all expenses upon admission. Research government programs, state and local grants to determine if assistance is available. The professionals at the rehab center can likely offer information that can ease the financial burden, if your health insurance policy does not cover the expenses. Today, many health insurance policies do provide for rehabilitation. Determine how the payments will be made so it will be one less worry about on the road back to a normal life.

## Do you think you will need an aftercare program and are you determined to be successful at rehabilitation?

Many professional rehab centers teach skills that are necessary to combat a relapse once you or a loved one returns to the main stream of society. Determine what kind of prevention therapy is offered. Continuing some source of treatment after leaving the facility is many times the cornerstone that gives a recovering patient the strength they need to continue to a full rehabilitation. Determine whether you are willing to go the long-haul and do whatever is necessary to regain your life.



**Greater success rate**



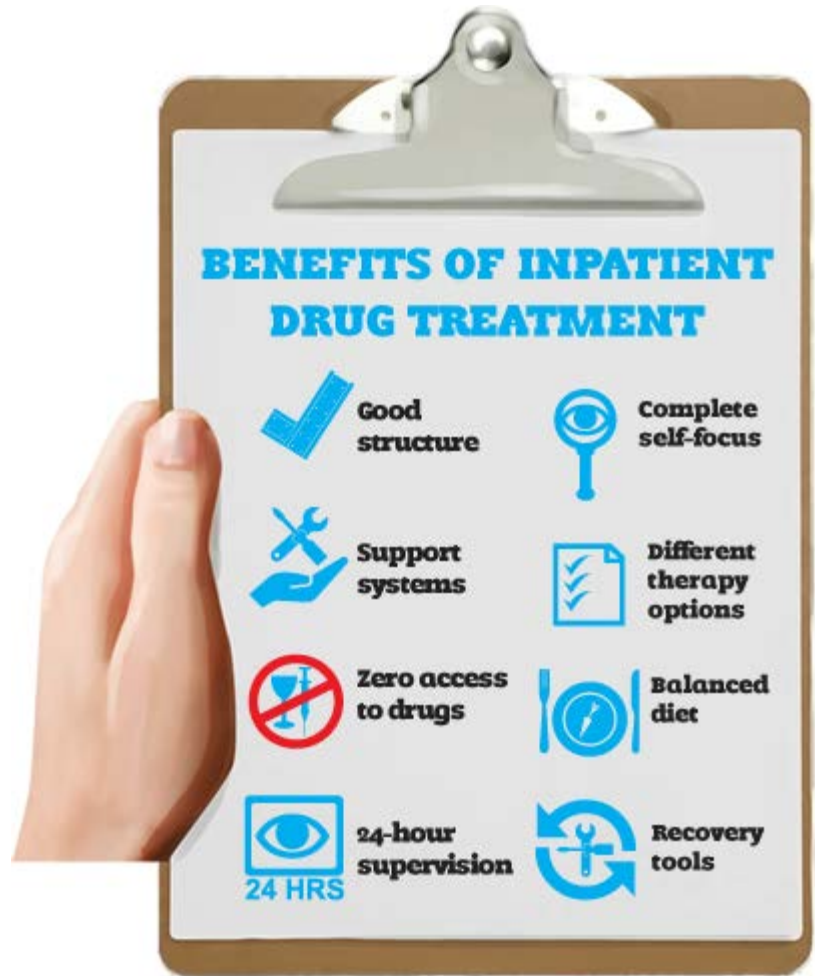
**Support network to help**



**Professional supervision**



**Access to aftercare counselors**



## Does a success rate for the center make a difference in how you will choose?

Ask the staff if they can produce statistics for you in order to determine their success rate. Do they report those rates to the state or if they are recorded with other agencies. Most professional rehab centers will be more than happy to talk to you about their success and failure rates. The numbers of those returning for care, the numbers in an aftercare program and the rate of success for those who never return after

fully recovering can give you confidence upon first entering a program yourself.

## Find a Facility You Can Trust

Choosing the best drug or alcohol rehabilitation facility for you or a loved one is an important decision. Make sure you get as much information as possible before you make the choice. Arm yourself with the necessary knowledge about what it will take to make a positive decision with confidence. These questions and guidelines can be answered within one visit to the facility, and since time is of the essence in the choice for rehabilitation, professionals at each facility you consider should be more than willing to answer these questions quickly for and with you.

At first glance, you will find many rehab websites on the internet and choosing which to contact will be overwhelming. You will quickly discover that there are many different philosophies for breaking the cycle of addiction as there are rehab centers. Finding one in which to place your trust and that fits your individual needs should be the first and foremost goal. The second is to determine that they offer a program that is individualized and custom fits your needs with medical professionals who are experienced in helping people reach their goals. Determine whether you want to stay close to home and loved ones during the rehabilitation process. This one decision could narrow your list of choices considerably.

## Don't Wait 'til it's too Late

While you should choose carefully which facility is right for you or a loved one, you should also keep in mind that you should choose quickly. Waiting too long could spell disaster when it comes to drugs or alcohol. Once treatment is decided upon and you believe you have found the right center, don't put off the necessary treatment. Usually someone who is dependent on drugs or alcohol has a small 24 to 48 hour window in which they believe they need help. It is crucial to get help as soon as possible before the feelings of being able to do it on your own return, because realistically, rehabilitation can never occur by trying to do it on your own.

## Act Today

Acting quickly cannot be stressed enough. Once a person feels the need for help, you should be prepared and armed with the knowledge you need. Once they change their mind, it could be years before they admit the need for help again. Find the facility that is right for you and be ready to act quickly. It could save yours or a loved one's life. Successful rehabilitation from drugs and alcohol is based on how much the person who is suffering with the dependency wants to break the cycle of addiction and improve to a better quality of life. It may not be easy, but it is do-able with the help of a qualified rehabilitation center.

