

QUESTIONS TO ASK WHEN SEEKING DRUG REHAB

INFOGRAPHIC

2. WHAT ARE THE FACILITIES LIKE?

Take the time to get to know the facilities, make sure they are clean and professional. Ask about the environment at the facility as well. Know you will be treated with dignity and respect. If you are considering an inpatient treatment, ask to see the living quarters as well as the common areas.



3. DO YOU HAVE STUDIES SHOWING EFFECTIVENESS OF YOUR PROGRAM?

A quality addiction treatment program will have studies showing how well their program is working. The National Institute on Drug Abuse recommends asking for the scientific studies that show that the treatment strategy does work.



4. HOW DOES YOUR TREATMENT WORK?

Ask about all of the specifics of the treatment process, and determine if it fits the needs and personality of the person seeking treatment.



5. DO YOU TREAT MEN AND WOMEN DIFFERENTLY?

Men and women recover from addiction differently, so treatment should be targeted to the different genders, even if they are treated at the same location. Studies show gender-specific treatment programs are quite effective.



6. DO YOU OFFER INDIVIDUALIZED TREATMENT PLAN?

If you think the addict in your life needs inpatient treatment, ask about it. The National Survey of Substance Abuse Treatment Services indicates that nearly 90 percent of all treatment is done on an outpatient basis, so inpatient treatment may be harder to come by.



7. HOW DOES THE PROGRAM TREAT PEOPLE HOLISTICALLY?

True recovery often requires a holistic approach. People need to be treated medically, psychologically and spiritually to successfully break free from the bonds of addiction. Find out what holistic treatment approaches are used by the program you are considering.



8. IS THERE A MEDICAL DETOX PROGRAM?

Studies have found that medically-based detox programs are quite effective at helping recovering addicts deal with the withdrawal symptoms. Ask about the medical treatment options available with the program you choose.



9. WHAT SUPPORT IS AVAILABLE AFTER TREATMENT?

Treatment needs ongoing support for the addict to make true lifetime changes. A quality program will have an aftercare regimen for patients to follow to ensure that their new changes stick.



10. DO YOU PROVIDE SUPPORT FOR FAMILIES?

The people who are addicted to drugs or alcohol are not the only ones who need help. The families that support these individuals also need help and resources.

A quality treatment program will look at the needs of the families as well as the individuals they are treating.



When you are serious about getting help with addiction, you need to find the right treatment program. By asking these questions, you will have a better picture of the quality, style, and benefits of the program you will be enrolling in.