A Quick Guide to Finding
Effective Alcohol and Drug Addiction Treatment

If you or someone you care for is dependent on alcohol or drugs and needs treatment, it is important to know this; no single treatment approach is appropriate for all individuals. Finding the right treatment program involves careful consideration of such things as:

- Setting.
- Length of care.
- Philosophical approach.
- You or your loved one's needs.

12 QUESTIONS TO CONSIDER WHEN SELECTING A TREATMENT PROGRAM:

1. Does the program accept your insurance? If not:
   - Will it work with you on a payment plan? Will it find other means of support for you?
2. Is the program run by state-accredited, licensed and/or trained professionals?
3. Is the facility clean, organized and well-run?
4. Does the program meet the full range of needs of the individual?
   - Medical, including infectious diseases.
   - Psychological, including co-occurring mental illness.
   - Social, vocational, legal. etc.
5. Does the treatment program also address sexual orientation and physical disabilities as well as provide age, gender and culturally appropriate treatment services?
6. Is long-term aftercare support and/or guidance encouraged and provided?
7. Is assessment of an individual's treatment plan ongoing to ensure it meets changing needs?
8. Does the program use strategies to engage and keep individuals in longer-term treatment? This would increase the likelihood of success?
9. Does the program offer counseling (individual or group) and other behavioral therapies to enhance the individual's ability to function in the family/community?
10. Does the program offer medication as part of the treatment regimen, if needed?
11. Is there ongoing monitoring of possible relapse? This would help guide patients back to abstinence.
12. Are services or referrals offered to family members to ensure they understand addiction and the recovery process? This would help them support the recovering individual.

This information is courtesy of
The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services The CSAT (Center for Substance Abuse Treatment) provides a toll-free number. It is a 24-hour treatment referral service. It can help you locate treatment options near you.

Call this number for a referral to a treatment center or support group in your area.

1-800-662-HELP (1-800-662-4357)

1-800-487-4889 (TDD) http://findtreatment.samhsa.gov

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