

QUESTIONS TO ASK AN ADDICTION TREATMENT CENTER



IS THE PROGRAM PERSONALIZED?

One of the biggest indicators of success in addiction treatment is the level to which a program addresses a client's unique history. When considering a treatment center, ask how the staff develops a new client's treatment plan.

IS THE STAFF CERTIFIED TO TREAT CO-OCCURRING DISORDERS?

Treating co-occurring mental health disorders, such as anxiety, depression or trauma, is an important part of long-term substance use recovery. A certified treatment center will have the resources to address these disorders.



HOW DO YOU DETERMINE LENGTH OF TREATMENT?

Most treatment centers design outpatient programs for a certain length of time, but good programs will adjust as needed based on a client's progress and emotional readiness to complete treatment.

HOW DO YOU APPROACH AFTERCARE?

Completing treatment is an important first step toward recovery, but it isn't the last. An aftercare plan is an essential part of ensuring that clients are able to apply what they've learned in everyday life. Before enrolling in treatment, ask whether an aftercare plan is part of the program.

