

10 Tips

How To Choose A Drug Rehab

When choosing a drug rehab it is **important** to know your options. Here are several tips that will help you as you begin to seek treatment. Drug Rehab Locator has put together a list of tips for you to consider before you call. Looking for help can be an emotional experience. We hope these tips will help you get started.

Preparing information and having it ready when you call will help guide you through the process.

- ✓ Each facility will vary in price. If a facility takes insurance, they will have a published rate and a cash rate – this is good for you to understand so you can be better prepared to discuss pricing.
- ✓ Not all drugs require detox, but most facilities require at least an observation in detox. Detox can be done on an outpatient basis and also in a residential setting. Knowing this can save you money because you may not need an acute setting, like a hospital.

- ✓ Many facilities market to specific age groups – adolescents, young adults, adults, and seniors. Know what services and age range the facility you are looking at has available.
- ✓ Chemical dependency treatment requires a license and many addicts and alcoholics also suffer from emotional issues such as depression, or anxiety. Unfortunately not all facilities are licensed to address both chemical dependency and mental illness. If you or your loved one are being treated for an emotional disorder and you need help for chemical dependency, it is considered a dual-diagnosis. You will need to inquire to see if the center you are looking at will treat both issues concurrently.
- ✓ Price matters – do not be afraid to ask how much treatment is and do not be afraid to ask for a discount. Believe it or not – most places that are not government run will “work a deal” for cash.

- ✓ Insurance rarely covers the cost for treatment and in the few cases that it does cover treatment it is limited by what is called utilization review. This means that the insurance company dictates the length of stay based on symptoms. So if you think you need 30 days and they think your symptoms show you need three days – the three days will win. So... again do not be afraid to ask before going into treatment for a discount on the price or for a specific length of time.
- ✓ The average program will ask you for a thirty-day commitment. After that most people are ready for less intensive treatment. It is a well-known fact that the longer an individual participates in treatment, the better their chances are for lasting recovery. Ask about their secondary level of treatment or extended care.
- ✓ Many treatment programs will show various activities on their website, such as individual therapy, equine therapy or art therapy, however once you are there it is an additional charge – be educated, ask what services are included in the pricing before you make your decision where to go.

- ✓ Be prepared to travel – don't hesitate to go to another state to get sober. Leaving your environment may be the best thing for you – also it broadens your options to more treatment facilities.
- ✓ Gender specific Treatment – Look for a facility that separates the men from the women, this way you will concentrate on one thing – getting sober!
- ✓ Last but not least – What happens once you leave? Is there an alumni program? Is it active? How is this handled and is the aftercare included in the cost of the program?

We hope you find this list helpful. Feel free to anytime, an independent operator will help you.

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