

Finding the Best Rehabilitation Treatment Center For You

Use this checklist to ensure that the substance use treatment center you choose has the right combination of staff and services to help you achieve a successful recovery.

Accreditation & Quality

- Is the program accredited by the state it's located in?
- Is it run by licensed, well-trained addiction specialists?
- Are there licensed mental health professionals on staff?
- Does the facility meet the minimum standards for health insurance reimbursement?
- Do staff members have experience dealing with your specific illness?
- What outcomes does the program offer?
- Does the staff treat patients with compassion and respect?

Treatment Requirements

Does the facility offer:

- Residential treatment?
- Outpatient programs?
- Intensive outpatient treatment?
- On-site detox?
- Does the recommended length of treatment meet your needs?
- Will friends and family be allowed to contact you or asked to participate in treatment?

Is the program's therapeutic foundation based on:

- 12-step programs?
- A Hazelden-style approach?
- Cognitive behavioral therapy?
- Motivational enhancement therapy?
- Something else?

Services

- What medical services are available in case you need them, such as supervised detox or assistance with pain management?

Does the treatment involve:

- Individual counseling?
- Group counseling?
- 12-step programs?
- Alternative treatments such as art therapy or pet therapy?

Are holistic services available, such as:

- Nutritional counseling?
- Massage therapy?
- Acupuncture?
- Yoga or other fitness programs?
- Life skills education?
- Does the program offer access to faith leaders or spiritual advisers?

Aftercare

- How does the program help prepare you to return to your daily life?
- Will the staff work with you to devise a discharge plan?
- Will they help you connect with helpful resources in your community?
- Is follow-up care provided?
- Does the program help you transition into a 12-step program or support group?

Choosing the right treatment program is crucial to a successful recovery. To learn more about our substance use and mental health treatment programs, [contact Lifeline Connections.](#)