



acqua recovery

The Ultimate Guide to Choosing a Residential Treatment Facility



Are you ready for a new and better way of life — a life free from addiction? Finding the right addiction treatment facility can be extremely overwhelming, but it doesn't have to be that way. Here are helpful questions you should ask yourself — and the residential treatment center's admission coordinator — to find the facility that will be right for you.

Making the decision to get help for substance use disorder takes commitment and courage, but it's so worth it.





Is it affordable?

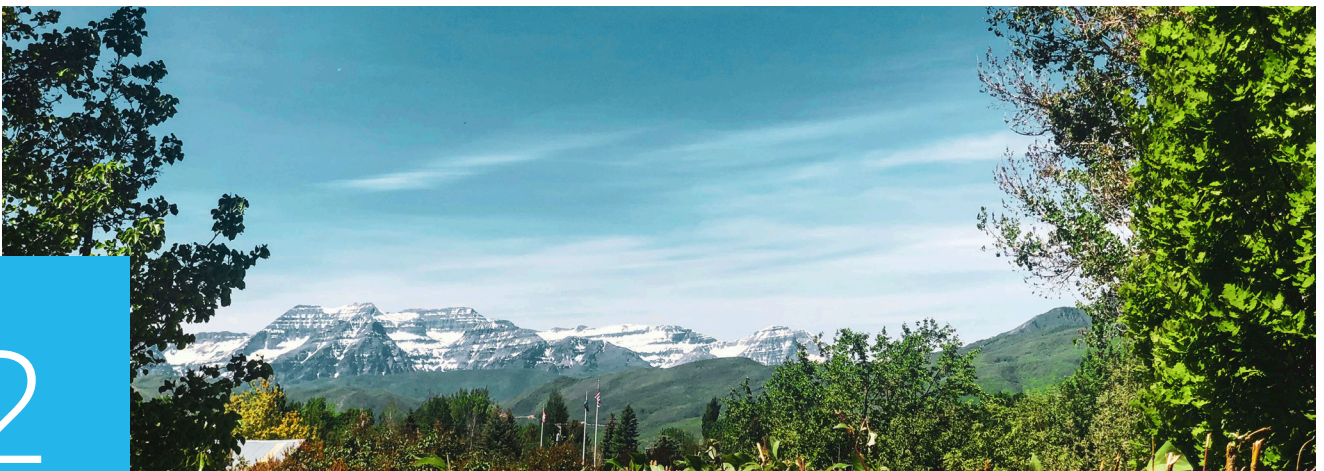
People struggling with substance use disorder often have many excuses for delaying treatment. One of the most common ones is this: “I can’t afford it.” It’s important to know that every treatment center has their own pricing, and you don’t have to go to a “celebrity rehab.” In fact, price usually doesn’t have that much to do with the level of care that a facility offers. There’s a big difference between detoxing in a Malibu mansion and in a County hospital, but you don’t have to choose from one of those extremes. As you look at options, don’t be afraid to directly ask the admissions coordinator how affordable their residential treatment is, and how expensive it would be with or without insurance. Many rehabilitation centers are willing to work with you to figure out how to make treatment happen — even if that means referring you to a quality program that is a better match for your budget.





How do I find an addiction treatment center that takes my insurance?

Ever since the passing of the Affordable Care Act, more Americans than ever have access to affordable addiction treatment through insurance. To find out what yours covers, you can start by calling the facility you're looking at to ask what insurance they take and if they can run your insurance to see what your benefits would cover for treatment. (That's called a verification of benefits, or VOB.) If you need further assistance, SAMHSA is the national help line for substance abuse disorders. They can give you a list of treatment centers that take your insurance to help narrow it down. Can't find the number? Google now features a pop up with the SAMHSA line when you type in most things related to substance abuse (National Helpline: 1-800-622-HELP (4357)). Finally, you can call your insurance directly as well to speak with a specialist. Most insurance cards themselves have a designated number on the back of them to call when seeking help with addiction.



What does their curriculum focus on?



Residential treatment facilities may have specialties or a certain perspective regarding how they approach treatment: from faith-based treatment, to 12 Step focus, to trauma-centered and more. Ask yourself — or your mental health care provider, if you have one — what is going to meet your current needs and future goals.

There are a lot of LGBTQ+ friendly rehabilitation centers with helpful therapists specializing in that area, for example. Or, if you feel a gender-specific facility will help you in your recovery, there are facilities that offer that as well.

If you want religion to be an aspect of your recovery, it might be best to find a rehab focused on 12 Step work or even a religion-specific treatment center. If you want to take a more secular approach, find a treatment center where the curriculum that doesn't focus on religion or God as a component to find sobriety. Even if you choose to attend a secular facility, they will often give opportunity for church/prayer time.

Residential treatment centers also may use different psychological theories or approaches (known as modalities) to tackle addiction, such as CBT, DBT, EMDR etc. CBT (Cognitive Behavioral Therapy) focuses on your behavioral actions and how they influence each other. DBT (Dialectical Behavioral Therapy) emphasizes mindfulness and regulating your emotions. EMDR (Eye Movement Desensitization and Reprocessing) is used to reduce subjective distress from unprocessed memories. Keep an open mind while in treatment, but you don't want to attend a facility that doesn't align with your personal beliefs from the start. If you look hard enough, there's a perfect facility for almost anyone.





What's the setting and environment like?

Getting help with your addiction and finding recovery can be very uncomfortable, from detox to the experience of processing your traumas. In residential treatment and early recovery, it's important to be in an environment where you feel safe, supported, and comfortable. Being in a beautiful and relaxing environment away from your life in addiction can be very beneficial.

Not only can you avoid the triggers that cause you to drink or use; but also, you can give yourself the chance to focus on your recovery and healing. What feels comfortable to you? Maybe you want to avoid a hospital feel. There are residential treatment centers that have a more homey setting such as looking out over a lake or the ocean, with large grounds for you as a patient to enjoy. Or maybe you'd prefer to be in a big city, surrounded by the hustle and bustle.

Recovery is everywhere, so you can pick your spot.

When it comes to comfort, you also need to consider facility size. Residential centers have a wide range of the maximum number of patients they take in at a time. If you would feel more comfortable in a considerably smaller group of patients working through their addiction with you, then find one that is more intimate. If a facility does house a large number of patients at a time, then you can ask if they have opportunities for one-on-one counseling or smaller group therapy sessions. Don't be afraid to ask.



What's dual diagnosis and do I need it?



Some treatment centers focus solely on addiction. In recent years, however, we have learned that it's rarely that simple. Dual Diagnosis is the treatment of addiction along with other mental health issues such as depression, anxiety, mood disorders, etc. If dual diagnosis aligns more with your needs for recovery, then finding a treatment center that offers it may be the best option for you. Remember to keep an open mind when looking at the root of your dependency issues.

This is also a good time to ask if they provide pharmaceutical therapy to help with your diagnoses. Some rehabilitation centers may take a more holistic approach to addiction and recovery. Others may offer more unconventional methods, so it is important to ask about the therapies and services they offer to patients. If you're already on psychiatric medication, make sure to ask about whether you will continue your prescription during treatment.





How long is the program?

Ask beforehand about the expected length of your stay, so you're not surprised when you arrive. Most residential treatment center programs are at least thirty days. However, they will assess what would be best for you (and your insurance). Some treatment facilities may offer a sixty- or ninety-day program because a longer program can be more beneficial for your recovery long-term. It may sound daunting to reside in a treatment facility for the length of a program, but keep in mind that you're doing this to change how you will live for the rest of your life. Give yourself the best chance at success.





Are they accredited and how well-trained are the staff?

Make sure the rehab you are considering is properly licensed and accredited by either a state substance abuse agency or other state department. Accreditation for rehabilitation centers is a lengthy and in-depth process, during which a third party — such as a state's substance abuse agency — assesses and monitors the facility's standards of excellence and protocols. Common accreditations in this field include Joint Commission, State licensing, and IMS.

Also, ask your admissions coordinator about their standards of training for their staff. You want to ensure that you are in dependable hands while in early recovery. Some facilities hire staff that are in early recovery themselves, while others only hire clinicians that have completed a certain level of schooling. You also may want to ask if most of their clinicians and staff are recovering addicts or alcoholics who have been sober for a good amount of years. This can be beneficial, as they will understand what you're going through and offer first-hand tips for achieving solid recovery.





How strong is their alumni program?

A helpful way to find a treatment center that has a high rate of success is to ask about the strength of their alumni network. A strong alumni network is a sign of a substance abuse facility that not only helps clients get sober; but also, it helps them stay sober, too. This will give you a built-in clean and sober community to become a part of once you've graduated from the program. They may have weekly or monthly alumni meetings you can attend for aftercare, for example, or 12 Step meetings on site. You'll learn more about alumni programming upon discharge, but asking about it beforehand can help you plan for your future in recovery.





What should I expect during my stay?

Addiction treatment may seem overwhelming and a little scary — especially if you’ve never done it before. Feel free to ask your admissions coordinator about what to expect when you arrive and throughout the duration of your stay. Ask for a copy of their day to day agenda, which typically includes scheduled lessons, therapy sessions, or activities that will help teach you the tools to living a life in recovery. Some facilities will take you on field trips for personal care, such as hair cuts or even getting your nails done. There may be experiential “adventures” that the facility will take you on, such as hiking, swimming, or fishing. Most treatment centers also allow for down time, phone/internet time, and visitor hours. You’ll also be making connections with the other patients in treatment as well. Remember that the majority of your needs will be taken care of for you, so focus on your recovery.





What should I pack?

The residential admissions coordinator can give suggestions for packing or instructions on where to find their packing list on their website. Facilities often have washing machines on site for you to do laundry, so don't feel like you need to pack your whole closet. Keep in mind you most likely will have limited room, so don't over-pack.

Another important thing to consider are the weather conditions and the location of your facility. Whether humidity or snow is in the forecast, you want to be comfortable.

All residential treatment facilities have their own list of permitted and prohibited items, but here are some general suggestions.



GOOD TO BRING:

- A list of phone numbers for family, friends, healthcare professionals, sponsors etc.
- A list of all medications you are currently taking.
- Small amount of cash for store runs/vending machines. This will be kept in a safe until needed.
- Insurance cards and identification. These will be kept in a safe until needed.
- Credit/debit cards. These will be kept in a safe until needed.
- Stamps and envelopes if you want to send mail while there.
- Pictures of loved ones.
- Jewelry you wear everyday, such as a wedding ring or watch. Leave any expensive jewelry at home.
- A week's worth of clothing. Make sure it is comfortable and appropriate (no crop tops!). Make sure it's all weather-appropriate as well.
- Workout clothes for exercise/outdoor activities.
- Bathing suit that's not too revealing. Bring a one piece to be on the safe side.
- Shoes: tennis shoes, sandals, and everyday comfortable shoes.
- Hat and sunglasses (likely not be permitted inside)
- Socks/undergarments.
- Pajamas/slippers.
- Toiletries not containing alcohol.
- Sunscreen.
- A few books. Reading and entertainment materials will be provided, but if you have a few you'd like to read in downtime, then bring them.
- Thirty days' worth of any alcohol-free toiletries.
- Sunscreen.
- Thirty days worth of cigarettes if permitted by the facility.



BEST TO LEAVE AT HOME:

- Illegal substances, alcohol, and weapons. These will be disposed of upon arrival. (This should be obvious!)
- Sharp objects such as scissors, razors, nail clippers etc. These will be kept by the clinical staff until you would like to “check them out” to use.
- Medications, prescribed or unprescribed. The facility will keep these locked up or dispose of them upon arrival. Your on-site psychiatrist will prescribe you any medications that they deem appropriate for you, and staff will distribute them to you throughout the day.
- Unapproved or previously opened over the counter medications.
- Any toiletry items that contain alcohol, such as: mouthwash, perfumes, some hair styling products.
- Candles/incense.
- Revealing clothing or clothing related to drug or alcohol use.
- Electronics. Any electronics will be locked away. However, some rehabs allow for laptops for work etc.
- Aerosols.





MAYBE:

- Cell phone/ laptop. Some facilities will allow time to work on your laptop.
- Cigarettes/E-cigarettes. Some treatment centers are smoke-free, while others may do weekly cigarette runs for the patients. (Bring cash for cigarette runs if needed.)
- Razors/nail clippers. Some will completely ban these, but others will allow patients to have them, or to “check them out”.
- Gum.
- Nail polish. While nail polish remover is banned from most centers, some will allow nail polish to be used.





Asking these questions beforehand will not only help you choose a residential treatment center that meets your needs and is right for your recovery. In the end, the success of your recovery is up to you. The facility is there to help you figure out how to start your new life.

If you have questions about finding the right addiction treatment facility, contact our team today at

www.acquarecovery.com/contact

Even if Acqua Recovery isn't the right fit for you, we'll help you find one that is. Because freedom from addiction is possible for everyone, and everyone deserves it.



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