

Handout:
Key Questions to Consider When Selecting a Program

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1. How does the program accept the parent's insurance? If not, will they work with the parent on a payment plan or find other means of support for the parent?
2. Is the program run by State-accredited, licensed, and/or trained professionals?
3. Is the facility clean, organized, and well-run?
4. How does the program encompass the full range of the individual's needs (medical, including infectious diseases; psychological, including co-occurring mental illness; social; vocational; legal; etc.)?
5. How does the treatment program also address sexual orientation and physical disabilities as well as provide age, gender, and culturally appropriate treatment services?
6. What long-term aftercare support and/or guidance encouraged, provided, and maintained?
7. How is there ongoing assessment of an individual's treatment plan to ensure it meets changing needs?
8. How does the program employ strategies to engage and keep individuals in longer term treatment, increasing the likelihood of success?
9. How 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, such as methadone and other opiate treatment options, as part of the treatment regimen, if appropriate?
11. How is there ongoing monitoring of possible relapse to help guide patients back to abstinence?
12. What are services or referrals offered to family members to ensure they understand addiction and the recovery process to help them support the recovering individual?

Adapted from: The Substance Abuse and Mental Health Services Administration, *A Quick Guide to Finding Effective Alcohol and Drug Addiction Treatment* available at <http://csat.samhsa.gov/faqs.aspx>