

TREAT- MENT *basics*

presented by
FOUNDATIONS
RECOVERY NETWORK

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 2. Residential vs. Outpatient Treatment
 3. Deciding Where to Receive Treatment
 4. How Long Should You Stay in Treatment?
 5. Will Insurance Help Cover the Cost of Treatment?
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what is INTEGRATED TREATMENT?

When you're thinking about addiction treatment, the term "*integrated*" may not mean a lot to you. But the truth is that having an integrated treatment program can make all the difference in your recovery.

When a program is “integrated,” it means that special considerations have been taken in various aspects of the program, staff and training to include mental health treatment as well as addiction treatment. It also indicates that treatment is comprehensive and addresses all angles of a person’s life: physical, emotional, mental and spiritual.

Having a mental health condition in addition to a substance abuse issue is called having “co-occurring disorders.” This is also referred to as a “dual diagnosis.” Mental health issues are not always obvious in a person’s life. In the example of alcoholism and depression, a person may wonder, “Do I drink because I’m depressed, or am I depressed because I drink?” Co-occurring disorders often perpetuate each other. If a program only treats one, the other may cause the initial issue to re-emerge later.

But when both issues are treated simultaneously, both the primary condition and its underlying causes can be addressed.

Integrated treatment has been proven to have some of the highest recovery rates in the industry—that is, people tend to have a better chance of staying in recovery for the long term when they attend an integrated treatment program.

Did you know?

Did you know that mental health conditions can make a person more susceptible to substance abuse? Here are some common mental health issues:

A person may also suffer from what's called a "process addiction," or a process that he or she is compulsively addicted to, such as the following:

Depression

Bipolar disorder

PTSD or unresolved
trauma

ADHD

Anxiety

Gambling

Disordered eating

Sex

The Internet

Video games

Without proper treatment for these issues, they can have a destructive hold on a person's life. The cost of addiction is always higher than the cost of treatment.

People don't turn to drugs and alcohol because they're looking for another problem in their lives; they're looking for a solution. People use substances to self-medicate the pain, compulsions or mental health problems they are suffering from. But substances have their own addictive properties, and they cause their own significant problems.

“People don't turn to drugs and alcohol because they're looking for another problem in their lives; they're looking for a solution.”

That's why integrated treatment is so important. Without a program that can completely address all the issues, a person may be set up for addiction or mental health relapse—or both. Half-fixing a problem is not fixing it at all; it may even exacerbate the suffering a person is facing. In the past, substance abuse and mental health issues were treated separately without any connection. Today, integrated treatment is accepted as the best option for lasting long-term sobriety, and the experts acknowledge that treating these issues together is key.

3 Helpful *hints*

1 Having an addiction and a mental health condition is known as having “co-occurring disorders” or a “dual diagnosis.”

2 People turn to substances or processes in order to cope with pain in their lives. Learning healthy coping skills can decrease the impulse to use substances or act on compulsive processes.

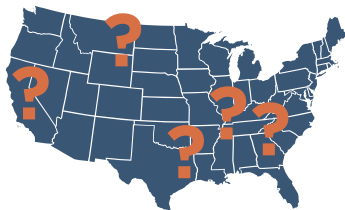
3 Addiction is a disease, but it is treatable. You **can** live a full and healthy life free from addiction!

CONCLUSION

While treatment program excellence is important, you also need to feel comfortable with the program you choose. The best programs will include caring professionals who want nothing more than to see you succeed. The heart of the integrated treatment model is about getting you—the whole you—the help you need to move forward and live the life you were meant to live.

Read on to find out:

- How to choose between residential and outpatient treatment



- How to decide where to receive treatment

- How to determine how long you should stay in treatment



RESIDENTIAL *versus* OUTPATIENT treatment

Choosing between residential and outpatient treatment is an important decision that may depend on the clinical severity of your issues, the level of disruption to your life, your location, your insurance coverage and other considerations.

Both types of programs have advantages.

How long you remain in treatment can always vary and is completely up to you in agreement with your treatment team. Quality integrated treatment is individualized and does not involve a “fixed” program duration. Generally, residential treatment may involve three to twelve weeks depending on the person. Patients who need residential treatment usually demonstrate significant disruptions in relationships, work, school and other social systems and are unable to develop the coping skills necessary to manage the cravings and impulses driving these disruptions. “Quick fixes” have been attempted multiple times and have failed to work. Here are some benefits of residential treatment:

- You can be fully immersed in the treatment program.
- Residential counselors and clinical staff can supervise you continuously.
- You can gain important peer insight and make other friends in recovery based on the residential experience.
- Leaving your current environment gives you the time needed to examine unhealthy coping skills as well as learn and practice new coping skills while experiencing distance and time for reflection.

Residential treatment is often preferred because it tends to provide a more concentrated approach; there is more time spent at the facility, more staff involvement and less chance of being distracted by unhealthy local relationships and temptations.

INTENSIVE OUTPATIENT PROGRAM

An Intensive Outpatient Program (IOP) is an outpatient treatment program that combines frequent therapy sessions with encouraged participation in a 12-Step or other peer support program. Many IOP patients attend individual or group therapy more than 10 hours a week. IOP also includes family support and flexible hours for patients to attend work or school while also engaging in treatment.

Did
you
know

PARTIAL HOSPITALIZATION PROGRAM

A Partial Hospitalization Program (PHP) has nothing to do with an actual hospital. It allows people to step out of work or school for a few days to stabilize behaviors while they attend treatment and remain at home. Partial hospitalization represents the highest level of engagement that a patient can have at an outpatient facility.

Outpatient treatment can be most effective in situations where a patient is experiencing fewer life disruptions and less severe day-to-day symptoms. It is optimally useful as a step-down from residential treatment, but it is also a first option before symptoms progress to a more severe condition.

“The longer a person can have access to the education, experiences, peer interaction and professional support that treatment offers, the better.”

Outpatient provides the perfect setting for graduates of a residential program to transition back into everyday life while keeping up with important aspects of the recovery process. It offers a measure of accountability but also delegates certain responsibilities back to the patient so that he or she can learn how to maintain recovery autonomously. Intensive Outpatient Programs (also known as “IOPs”) pair excellently with sober living situations. A patient may live in a sober living home or halfway house while attending the IOP for all recovery needs.

Here are a few of the benefits of an outpatient treatment program:

- They are often local, allowing patients to go home at night and maintain a regular work schedule
- They often provide the same quality of treatment as residential, but in a less structured setting
- In some circumstances, patients can attend as few or as many sessions as they feel necessary to maintain recovery once they have graduated from residential or the Intensive Outpatient Program.

While residential treatment offers more programming per day and the additional benefits of living with professionals on site, both programs include similar features.

3 Helpful *hints*

1

The best way to determine whether you should attend residential or outpatient treatment is to ask. Admissions coordinators can work with you to determine your costs and what your clinical needs are. This can decrease the guesswork and put you in a better position to get the treatment you need.

2

Your treatment plan may include a residential stay and then a transition into outpatient and sober living. Or, you may attend outpatient first and transition into a higher level of care if necessary. Stay open-minded to the process and allow people to help you each step of the way.

3

Your insurance coverage may be a determining factor for whether you go to residential or outpatient treatment, but make sure you take the time to learn what all your options are.

CONCLUSION

It's not uncommon to choose both residential and outpatient treatment; in fact, they work very well together. Attending a residential treatment program and then stepping down to outpatient (and even perhaps sober living) is highly recommended by treatment professionals. The longer a person can have access to the education, experiences, peer interaction and professional support that treatment offers, the better.

Recovery is a life-long process, and the skills learned in treatment are instrumental to an individual's long-term health and well-being.

Read on to find out:

- How to decide where to receive treatment
- How to determine how long you should stay in treatment
- Whether insurance will help cover the cost of treatment

deciding **WHERE** *to* **RECEIVE** *treatment*

Choosing where on the map to receive treatment is not an easy process. Your primary instinct may be to find treatment centers in your local area. While this may seem like the first priority, it may not end up being the most important.

Professionals often highly recommend that individuals seek treatment outside their hometown and even their home state. Leaving one's current environment removes distractions and the influence of negative relationships. Gaining important physical and emotional distance from one's previous situation allows one to focus fully on recovery.

What if the treatment center near home that you choose has no open beds? What if you or your loved one needs a specialty program that is not offered in your state?

Geographical location is only one item to consider when it comes to treatment. There are times when it's better to choose local and times when it's better to choose to travel.

Generally, the best time to choose a local treatment program is when a person has graduated from a residential program and is transitioning into a traditional outpatient program or an Intensive Outpatient Program. Outpatient programs allow patients to hold regular jobs and see their families each day. They also have a lot of programming where family and friends can join patients at the outpatient center for educational sessions, lectures and support groups. Family therapy can happen at residential programs, too; but at outpatient programs, families can often attend more regularly and have more extended sessions.

Local programs may also be useful for patients with less severe symptoms who do not need intensive treatment at a residential facility or for those who are in danger of a relapse and want to get a refresher course in recovery. Always consult treatment professionals about what program may be right for your particular diagnosis.

A local program also means fewer travel costs, and you can also take advantage of any aftercare services the program offers and remain connected to those who played a key role in your recovery.

Did you know?

There are a lot of reasons why geographical location takes a backseat to other concerns. Here are a few other variables that may affect where a person may receive treatment:

- Clinical diagnosis
- Insurance coverage or financial situation
 - Specific program needs
 - Travel costs
- Availability at certain treatment centers

when to choose to TRAVEL outside your CITY or STATE *for treatment*

The best time to choose to travel for treatment is when your clinical diagnosis indicates that you need a residential treatment program. Removing yourself from the circumstances that may have contributed to your addiction or exacerbated your mental health issues can be critical, and taking some well-apportioned time out of your everyday life to focus on recovery is highly beneficial. A new area, a new home and new people can provide perspective and a change of pace.

Being away from your original environment and immersed into a new one can come with a transition phase, but this can be the change that you need. Also, you may need to get to a certain point in the treatment process yourself before you're ready to reintegrate family into your reestablished

life in recovery. It can also be good to be away from the stress of a rigorous work schedule. Treatment is not a vacation, but it is an important time to be able to reflect, relax and gain valuable life skills.

Some choose a rehabilitation facility outside of their geographic area because it's the program that is the best fit for them. Others must leave home because there isn't a nearby program that meets their needs. If you're searching for a program with a specific focus, you may have to travel a little further to find it.

“Being away from your original environment and immersed into a new one can come with a transition phase, but this can be the change that you need.”

3 Helpful *hints*

1 *When choosing a location, ask yourself:*
What kind of location will give me the best chance to change my lifestyle?

2 Will the locations I'm considering foster healing and recovery?
Do I need a place that is small and centralized? Do I need a place that is private or far from home?

3 At the location I'm thinking about, will I be encouraged to stay when the process gets tough?

CONCLUSION

It may put you at ease to know there isn't a single right answer when it comes to the question of treatment proximity. Whether you opt to seek help out of state or close to home, there are many great options. The important thing is to get treatment from trained professionals who can put you on the road to recovery.

Read on to find out:

- How to determine how long you should stay in treatment
- Whether insurance will help cover the cost of treatment
- What happens during the admissions process



how long should YOU STAY IN treatment?

The answer to the question of how long to stay in treatment is going to vary from person to person. Treatment professionals who monitor the progress of patients are usually the best at determining what someone's ideal length of stay should be. For example, a person may begin with a plan to stay 30 days in a treatment program only to be recommended for a 60-day stay and then a transition into an Intensive Outpatient Program and sober living.

One thing is certain: It is important not to rush the process of recovery. It's true that life can't "pause" forever, but when you are learning to live a completely new life, taking your time can be a valuable choice.

How long a person stays at a treatment center (often referred to simply as “length of stay”) may also be determined by that person’s insurance coverage or financial capabilities. Business office personnel at treatment centers work specifically with insurance companies every day to update them on the patient’s progress and gain coverage for more days. This process is called “utilization review.” Based on the patient’s policy and progress, insurance companies may agree to more or fewer days. While this can provide an element of uncertainty, it isn’t something to worry about.

Length of stay has proven to be important to long-term recovery. Research shows that the amount of time an individual is engaged with treatment is the single best predictor of how that person will do in his or her recovery long-term.

That being said, you can go to treatment forever and never forsake a life of substance abuse if you’re not willing to change; or, you can go for 30 days, be as involved as possible, and never touch a drink or drug again. There is no “A + B = C” answer to recovery, but what’s most important is finding out what works for you individually.

Did you know?

In the 90s, the National Institute on Drug Abuse (NIDA) initiated a series of Drug Abuse Treatment Outcomes Studies (DATOS) to track treatment outcomes in the US. In 1997, one DATOS evaluation, “Treatment Retention and Follow-Up Outcomes,” revealed the following:

- “The length of time clients stayed in treatment was directly related to improvements in follow-up outcomes, replicating findings from previous national treatment evaluations (DARP and TOPS).”
- In long-term residential treatment, patients who stayed in treatment for 90 days or longer had “significantly better follow-up outcomes on a variety of criteria” than those who stayed for less than 90 days.
- In long-term residential treatment, those who had stayed in treatment for 90 days or more had “statistically significant” differences in outcomes than those who stayed for shorter periods of time. In the study, these differences were seen in “weekly cocaine use (36% vs 14%), heavy alcohol use (31% vs 11%), predatory illegal acts (23% vs 12%), sex-related HIV/AIDS risks (33% vs 26%) and unemployment on a full-time job (86% vs 71%).”

Source: www.datos.org/adults/adults-retention.html. Last Revised: 14 December 2001.

Statistics and studies have shown that a 90-day treatment program is actually the most successful, producing the most lasting results and best chance of long-term sobriety. The average stay in treatment is actually closer to 60 days, while many people complete a 30-day residential program. Putting together a full continuum of care, one that starts with detox and residential treatment and continues into outpatient treatment and peer support, may be the best option for managing costs, quality and engagement.

“One thing is certain: It is important not to rush the process of recovery. It’s true that life can’t ‘pause’ forever, but when you are learning to live a completely new life, taking your time can be a valuable choice.”

Often, the severity of a person’s condition may determine how long he or she stays in different parts of the continuum. Reputable programs like FRN have trained staff on hand to walk you through the varying levels of care and help you understand what insurance will cover.

3 Helpful *hints*

1

If detox was the most important part of recovery, most patients would leave treatment after a matter of days. But it isn't. Detox is only one piece of a comprehensive program because sustainable recovery comes from learning the root causes of one's addiction and establishing better coping skills and lifestyle patterns.

2

Relapse doesn't end your recovery. It's actually the time when you get to decide to use the tools you've learned to find your way back to sobriety and a healthy life. Returning to residential treatment, or taking a refresher course at an outpatient center, is a great way to re-establish your recovery after a relapse.

3

You can stay at some treatment centers for longer than 90 days, and sometimes that may be the best course of action for you, especially if you have attempted treatment multiple times. Recovery can save your life, so don't make hasty decisions about cutting your time in treatment short.

CONCLUSION

As you begin treatment it can be scary and feel like you're surrendering control. It's only natural to want to have a say in what you're doing and how long you'll be doing it. Rest assured, it's your program, and the professionals are there simply to guide you to the path that is best for you. Try to relax and give in to the process. Focusing more on your recovery than your release date is a sure way to long-term success.

Read on to find out:

- Whether insurance will help cover the cost of treatment
- What happens during the admissions process
- What it means to enlist the help of a family mediator

will insurance help cover the cost of treatment?

Insurance can be instrumental in covering addiction treatment costs. While individual policies may vary, new laws have made treatment more affordable for many. Finding out how much your insurance will cover treatment costs is an important process, and it's one that admissions coordinators can help you with.



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Here are some factors that may affect your coverage for treatment:

Types of Treatment Covered:

Comprehensive addiction treatment includes detox and residential or outpatient therapy, which may include counseling, medication and aftercare. Insurance policies can cover any or all of these components. Some insurance companies will cover outpatient initially until it is determined during outpatient that the individual needs a higher level of care. Days for detox and treatment may be affected by “medical necessity,” or how acute a patient’s medical needs are. Admissions coordinators will work this out with your insurance company to make sure that you get the highest amount of coverage possible for your situation. *It is important that you are as honest as possible with admissions coordinators about your substance abuse and mental health conditions so that they can get an accurate assessment about coverage from your insurance company.*

Amount of Treatment Covered:

Some policies set a limit on the number of treatments that will be covered or the amount of days covered in residential facilities. Some allow a certain number of days to be covered initially and then require proof of continuing medical need before more coverage will be authorized. There is a process during treatment called “utilization review,” in which the facility staff will continually communicate with the insurance company to update them on the patient’s situation and get more days approved for coverage.

Financial Caps: Policies may stipulate annual or lifetime caps on the amount of coverage provided, and these amounts can vary significantly. They may also cap the out-of-pocket costs that policyholders must pay.

Where Treatment Can Be Sought:

Many insurance policies require treatment to be received from providers within a defined network. Treatment from an out-of-network provider may be covered at a lower rate or not be covered at all. Health Maintenance Organization (HMO) plans generally require all services to be received from network providers and do not cover out-of-network care. Preferred Provider Organization (PPO) plans generally cover care received from out-of-network providers, but to a lesser degree than in-network care is covered.

Whether Pre-Certification Is Needed: Some policies require patients to receive approval in advance of receiving certain services in order to receive insurance coverage for them.

Did you know?

When insurance companies issue policies, they include information about coverage, which is contained in a Summary Plan Description or an Evidence of Coverage document. People who receive their health insurance through an employer may need to ask for a copy. Sometimes the information can be found online. Basic information, such as the co-pay amount (the amount that policyholders must pay out of their own pockets for each healthcare visit), is often found on insurance cards, which all policyholders should receive.

Health insurance policies have not always covered addiction treatment widely, but a series of laws has improved the situation. The National Conference of State Legislators notes that 49 states address the issue in some manner but that the laws vary a great deal.

The Parity Act

Parity laws mandate equal coverage for physical and mental health conditions. They prohibit differences in co-pays, deductibles and caps on services. Many states passed parity laws in the 1990s. In 1996, the federal government addressed the issue with the Mental Health Parity Act; and in 2008, the Mental Health Parity and Addiction Equity Act was passed, which specifically addressed addiction treatment. It's estimated that 113 million Americans will be positively affected by the Parity Act. For the more than 20 million untreated Americans with addiction, the passing of the Parity Act means they may finally have the opportunity to get treatment.

Although coverage for addiction treatment is much more common than it once was, laws mandating coverage do not cover all policies. Parity laws do not mandate coverage for addiction at all, but they only require that if coverage is offered, it should not differ from coverage offered for other health conditions.

In general, it is becoming rare for a policy to offer no coverage for addiction at all. There are significant differences, however, in the amount and type of coverage provided.

The Affordable Care Act

The Affordable Care Act (ACA), commonly known as Obamacare, requires that all insurance sold through the Health Insurance Marketplace cover certain essential benefits. The Healthcare.gov website notes that among these benefits is treatment for substance use disorders, which includes counseling and psychotherapy.

3 Helpful *hints*

1

Be as honest as possible with admissions coordinators about your substance abuse and mental health conditions so that they can get an accurate assessment about coverage from your insurance company.

2
3

It is becoming rare for a policy to offer no coverage for addiction at all. Investigate before you assume that you will not be able to afford a certain treatment program.

Addiction is always more costly than treatment. Always.

CONCLUSION

Coverage questions may be most directly answered by speaking to insurance company representatives. Generally a phone number for the member service department can be found on the insurance card. Insurance company employees are likely to begin the conversation by asking for a member or policy number, which can be found on the front of the card. Cards associated with group insurance plans, such as those issued by employers, will generally show a group number in addition to the member or policy number.

Treatment providers may also be of help when determining insurance coverage. Admissions coordinators who work for specific facilities often check coverage for potential patients. Individuals who staff addiction helplines may check coverage for callers as part of helping them find the treatment program that best meets their needs and budget.

In the end, if you don't know, just ask! You don't have to talk to your insurance company on your own. Admissions coordinators can help you navigate the process and help you get the coverage you deserve based on your insurance policy.

Read on to find out:

- What happens during the admissions process
- What it means to enlist the help of a family mediator
- What happens during treatment

what happens during the *Admissions Process?*

If you or someone you care about is in need of treatment, help is closer than you think. From the time you make your first phone call, admissions coordinators will be gathering information progressively to help you make decisions that will determine what kind of program fits your situation. The step-by-step process is designed to be informative and open-handed. It is also designed to assess costs, insurance coverage, and what kind of behavioral or medical considerations need to be addressed in treatment. If a loved one has not agreed to go to treatment, an interventionist may be contacted to facilitate the process. An interventionist is simply a family mediator—an impartial third party with professional expertise who can help the family create positive boundaries and help the addicted individual understand his or her need for transformational change.

(See the next chapter for more details on family mediators.)

In addition to contacting interventionists if necessary, admissions coordinators also book travel and arrange appointments for patients to be picked up and escorted to the treatment center. Admissions coordinators can see you through the process of initially asking questions to admitting yourself or someone you love into treatment within a relatively short period of time.

When a person arrives at treatment, he or she may still be feeling unsure. What's going to happen? What will treatment be like? How does the program work? Everyone admitted to a treatment program goes through the admissions process. Routines vary from program to program, but it's typical to meet with an intake coordinator for an assessment to determine the complete range of issues you're facing. While you may have sought treatment for an addiction to one substance, there may be other secondary substances that are contributing to the problem. There may also be underlying mental health issues that have gone undiagnosed or unrecognized. An honest account of what you've been using and how frequently can also help determine if detox is needed or what types of medication may be necessary to help you through the initial stages of withdrawal.

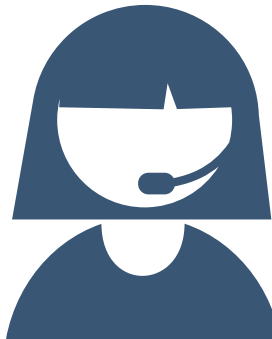
What's going to happen?

What will treatment be like?

How does the program work?

Did you know?

There's no shame in calling a helpline. Admissions coordinators are there to help you figure out what to do next; you don't have to know all the answers before you pick up the phone. Even if you don't want to commit to treatment just yet, it's beneficial to know what your options are.



Hello!

In order for the staff to create a program that will address your individualized needs, it's important to be as forthcoming as possible. That doesn't mean they need to know every detail of your history, but you do need to answer each question accurately. Remember, a high percentage of treatment staff has been right where you're sitting, and professionals who don't have a personal history of addiction often come from a family of origin where addiction was present. Either way, they've seen and heard it all. There is nothing you can tell them that will shock them. And by being straightforward, it helps staff to get to the root of what is going on as quickly as possible.

That's the goal of any worthwhile assessment: To determine what is going on with an individual and to formulate a plan for treating those issues. This

“In treatment, no one is interested in judging your past. They're eager to help you create a positive plan for your future.”

is done without judgment or shaming. It's simply information-gathering with a higher purpose. That may be hard to believe at first because your addiction has probably caused problems recently with loved ones who have become frustrated with you or disappointed by your actions. In treatment, no one is interested in judging your past. They're eager to help you create a positive plan for your future.

It's not uncommon to be asked what your goals for treatment are or if you have any concerns before beginning a program. If you're unsure whether treatment is even necessary, an assessment can be a great way to find out. In some cases, these can even be done over the phone. Staff can also assess whether your current level of care is sufficient or if you need to seek a higher level of care.

3 Helpful *hints*

1

Assessments are designed to uncover all the facts that will help determine the program with the best clinical fit for your situation. It's important to be as truthful as possible with an admissions coordinator so that misjudgments in cost or treatment plan don't occur.

2

If you're calling for someone who is resistant to treatment, enlisting the help of an interventionist may be perfect for your situation. An admissions coordinator can help you find an interventionist and create a plan to transition your loved one into treatment.

3

Admissions coordinators are bound by HIPAA laws to keep your information confidential, so it's safe to talk to them about all the details of your situation.

CONCLUSION

When you turn to a treatment provider for help, that's a sacred trust, and you should feel that they are committed to doing all they can to assist you in finding the help you need and leading you toward the path of recovery.

Read on to find out:

- What it means to enlist the help of a family mediator
- What happens during treatment
- More about therapy, especially DBT and CBT



enlisting the help of a *Family Mediator*

There are many misconceptions out there about interventions, but the emotional scenes you see on reality TV bear little resemblance to the average intervention. The primary goal of this process is simply to break down barriers to treatment and assist the addicted individual in getting the help he or she needs.




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Watching a loved one suffer from addiction is hard on everyone. Family members think they are alone in their situation, but thousands of families have gone through the same cycle of emotions—sadness, fear, anger, frustration, anxiety, grief, numbness and depression. It is just as important for families to find healing as it is for the addicted person to find healing! Most often, family members have strong reactions to the individual's addiction because they love that person deeply and don't want to watch them struggle or hurt themselves or others. But this love can find its expression in a lot of unintentionally negative ways—like enabling or rescuing the addict from the consequences of his or her actions; angry outbursts that further alienate the addicted person; and dismissiveness and negligence that isolate the addicted person. But what are families supposed to do? When a loved one won't let you help—and seems bent on self-destruction—it is enough to make anyone profoundly desperate for change.

That's why it's helpful to have an unbiased third party come in who can communicate clearly and factually, providing a professional opinion and helping present treatment options in a focused way without distractions. Interventionists can go by the name “family mediators” because they act as mediators or referees in family situations that are clouded by pain and negative communication patterns. A family mediator has your family's best interests in mind. That person can help your family get back on track whether the addicted individual decides to choose treatment now or not.

Not all professional interventionists are the same. Their methods, locations and prices can vary greatly. A reputable helpline will work with a varied network of professionals to ensure they can recommend a person who properly fits your situation.



Did you know?

There are different kinds of interventionists and intervention models. It's important to find the best professional fit for your situation and location, and an admissions coordinator can help you do that.

what to CONSIDER

To determine the best option for your situation, there are three main areas to consider:

1. Clinical Approach. To find the interventionist who will have the best possibility of success, you and the admissions coordinator may consider factors like gender, age and style or approach. Many interventionists also offer care services in addition to intervention, so it is good to know early on whether your loved one needs additional care and then to make sure to hire someone who can provide that.

2. Resources. Intervention isn't covered by insurance like treatment may be. However, unchecked addiction is far more costly than getting help—taking its toll financially, personally, mentally and emotionally. A reputable interventionist, admissions coordinator or referral agency will work with you to determine the level of financial support your family can provide and match you with an interventionist who fits your budget.

3. Geography. By the time you reach out for help, the situation is often dire, and help is needed immediately. In this case, you may want to seek out an interventionist in your region who can get to you quickly. Of course, most interventionists do travel and are willing to do so frequently, but using someone local can also help cut costs or allow for the fastest possible response.

“Interventions are just as much for the family as for the addict. Participating in an intervention is about changing the family’s course for the future whether the addict chooses healing or not.”

3 Helpful *hints*

1

There is more than just one type of intervention, and professionals rely on a variety of proven models and methods. From invitational to systemic to a family approach, they should be willing to use whichever method will work best for your loved one.

2

Some models engage the entire family for a longer period; others focus on letting the individual have more control; some interventions may even go forward without the addicted individual being present. Be sure to ask questions beforehand to make sure you're using a method you feel good about.

3

Interventions are just as much for the family as for the addict. Participating in an intervention is about changing the family's course for the future whether the addict chooses healing or not.

CONCLUSION

Intervention isn't just for the addicted individual. In fact, intervention is much more for the family than most people realize. Professionals know that everyone has work to do during the treatment process, and families need to find their own sense of healing and restoration. Codependent and enabling behaviors also need to be addressed so that the loved one in treatment returns home to a family system that can help support rather than sabotage long-term recovery efforts.

Most families or groups who go through an intervention were not seeking that out initially. But while loved ones see the signs of addiction, the person who is abusing isn't usually ready to admit he or she has a problem. Intervention can be a catalyst in removing the barriers to treatment as well as giving families a concrete plan for presenting the treatment option to their loved ones in a calm, professional manner.

Read on to find out:

- What happens during treatment
- More about therapy, especially DBT and CBT
- What Motivational Interviewing is

what happens during *Treatment?*

Many treatment programs are made up of individual and group therapy, process groups, educational sessions, recreational activities and ongoing assessments to determine a patient's progress. In addition, treatment centers can offer anything from wellness, nutrition support and physical activities to holistic offerings like acupuncture, equine therapy and meditation. Each facility has its own unique take on how to best serve their patients and help them achieve sobriety and wholeness. Some programs also offer specialized tracks for men, women, young people, LGBT individuals, business professionals or specific faith groups.

The main goal of a reliable treatment program is to provide support, structure and hope for recovery first and foremost. Ideally, the aim is to develop a schedule for a life of sobriety, increasing patients' recovery skill sets and helping them gain valuable relapse prevention awareness. Some programs also employ physicians to provide medical evaluations and adjust medications or deal with any health issues that arise.

For many, treatment begins with medically managed drug or alcohol detox. This is also known as stabilization. Patients are then transitioned into the residential program, where they will begin to focus on the emotional and psychological issues associated with chemical dependency. As treatment draws to a close, a care coordinator should work with each individual to go over all aspects of discharge and assist that person in creating a comprehensive continuing care plan before he or she leaves. This may include assistance in finding local 12-Step meetings, registering for the facility's alumni program, securing ongoing counseling or even transitioning to sober living.

The main goal of a reliable treatment program is to provide

SUPPORT, STRUCTURE & HOPE

for recovery first and foremost.

Did you know?

Here are examples of important life skills an individual may learn in treatment that can help him or her sustain recovery:

- How to replace dysfunctional coping mechanisms with healthy ones
- How to navigate conflict and communicate more effectively with others
- How to properly identify one's emotions and decide how to respond instead of react
 - How to process grief, trauma and difficult issues
- How to care for oneself through nutrition, exercise and positive thinking patterns
 - How to prevent relapse and live a productive life in recovery

what to CONSIDER

Essentially, treatment begins with services like a comprehensive psychiatric evaluation, a nursing assessment, laboratory testing and a full-panel drug screen. Once the patient's needs have been assessed, a treatment plan is formed. Treatment plans may include a specific number of core therapeutic services, flexible therapeutic services, medical services and additional services that may include recreational or holistic options.

While in treatment, patients may have the opportunity to participate in some or all of the following:

- Individual therapy with a mental health professional
- Group therapy and support
- Family therapy
- Medication management
- Educational groups
- Recreation and holistic therapies
- 12-Step recovery
- Relapse prevention and life skills groups
- Daily contribution to the community
- Specialty treatment for psychological trauma and other issues as needed

Depending on the treatment center you attend, your

options may vary. Ideally, a treatment program would follow a tiered approach that assesses the patient's progress and change, allowing him or her to mature to different levels with new degrees of responsibility and more in-depth skill set training. At the very least, treatment can help patients to express themselves and examine their personal histories and conditions at a deeper level, which can pave the way for transformative change. Interacting with peers, reflecting on oneself and investing in new life skills are all deeply important to the recovery process.

Each treatment center has its own philosophy and structure for the treatment process, but some programs develop treatment plans that are customized to the individual. With this level of personalization, individuals can move at their own pace and achieve their own goals. This approach can be instrumental because tailoring a plan ensures that each patient is involved in the process instead of having the process imposed on them. When you call a treatment program, ask if their treatment plans are personalized. Having a plan that takes a person's individual needs and goals into account can make a significant difference in his or her recovery.

3 Helpful *hints*

- 1 When you call a treatment program, ask if their treatment plans are personalized. Having a plan that takes a person's individual needs and goals into account can make a significant difference in his or her recovery.
- 2 Interacting with peers, reflecting on oneself and investing in new life skills are all deeply important to the recovery process.
- 3 As treatment draws to a close, a care coordinator should work with each individual to go over all aspects of discharge and assist that person in creating a comprehensive continuing care plan before he or she leaves.

CONCLUSION

Balance Is the Key

During treatment, patients are encouraged to focus on bringing healing and balance to all aspects of their lives. Through an honest and thorough self-examination, they are able to continue the process of change and establish the thoughts, behaviors and attitudes necessary for long-term recovery.



Read on to find out:

- More about therapy, especially DBT and CBT
- What Motivational Interviewing is
- What a comprehensive treatment experience looks like

types of therapy: *What are CBT & DBT?*

Many of today's treatment programs use a variety of scientifically-proven approaches and techniques to help patients overcome addiction and achieve lives of hope, peace and promise. Group therapy and individual sessions are all aimed at getting to the root causes of addiction. We'll discuss two different types of therapy that are well-known methods for treating addiction and mental health conditions: Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). These unique therapies are used to inspire self-awareness, create goals and bring about positive change.

Regular Therapy Sessions

Regular therapy in group and individual settings is the core of addiction treatment. Groups provide peer feedback and a listening ear from those who are experiencing many of the same emotions and feelings. One-on-one sessions allow for deeper, more focused work using a variety of scientifically-proven methods.

What Is Cognitive Behavioral Therapy (CBT)?

CBT is not actually a distinct therapeutic technique. Instead, it is a more general term for a group of therapies that share some similarities. A form of psychotherapy that emphasizes the important role of our thinking in how we feel and what we do, CBT is based on the idea that our thoughts cause our feelings and behaviors. That means we can change the way we think in order to feel or act better even if the situation itself doesn't change.

CBT Is:

- Fast working. CBT tends to be effective quickly, which is due in part to the fact that it is highly instructive and makes use of practical homework assignments.
- Not open-ended. An individual may have just 16 sessions before completing CBT treatment.
- Collaborative. The therapist and the patient work together to determine what the patient wants out of life, and then they work together to achieve those goals. The therapist's role is to listen, teach and encourage, while the patient's role is to express concerns, learn and implement that learning.
- Not stoic. Those undergoing CBT are not told how they should feel. Instead, they are encouraged to calmly accept the negative aspects of situations so they are in a better position to use their resources to resolve problems instead of being upset by them.
- Question-oriented. CBT centers around a therapist being able to understand a patient's concerns, which is why they often ask questions. Patients are encouraged to question themselves, too, in order to determine whether their thinking is accurate or if distorted ideas are negatively affecting life and self-esteem.

Benefits of Individual Therapy

A key factor for the success of individual therapy is the alliance between the therapist and the patient. While in this atmosphere of understanding and trust, patients can obtain clear insight about their options for changing and adapting. Therapists help patients create life plans and goals related to therapeutic objectives.

Did
you
know

Benefits of Group Therapy

Expressing one's emotions and telling stories in a supportive environment can be a relieving experience. By feeling free and uninhibited in group therapy, a patient can let go of emotional distress, finding freedom from feelings of guilt and shame and gaining a new motivation to make amends. This methodology can also help patients understand the unconscious causes behind a destructive behavior, which can encourage them to take responsibility for their own lives and decisions.

What Is Dialectical Behavior Therapy (DBT)?

Another effective approach is Dialectical Behavior Therapy. DBT continues to evolve and has been adapted to help people with everything from substance dependence and binge eating to depression, mood disorders and anxiety.

This evidence-based therapy has been proven successful in reducing treatment drop-out, depression, suicidal ideation, hopelessness, anger, hostility and substance use. At its core, DBT combines the basic strategies of behavior therapy with mindfulness practices and works with patients to replace rigid, black-and-white thinking. The focus is on validation and acceptance of where the patient is right now in the process while at the same time facilitating change.

DBT can:

- Enhance behavioral capabilities
- Improve motivation to change
- Structure the treatment environment in a way that supports the patient's capabilities
- Enhance a therapist's motivation to treat patients effectively

DBT is about movement between acceptance and change, helping patients progress despite negative events or feelings. This treatment method also focuses on keeping track of the ultimate goal of helping the patient move from a life mired in addiction to a life worth living as quickly and efficiently as possible. Therapists emphasize learning and refining new skills in changing behavioral, emotional and thought patterns associated with misery and distress. DBT teaches skills to decrease interpersonal chaos, impulsiveness, confusion about self and relationship difficulties by practicing mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance.

3 Helpful *hints*

1

In therapy, the more you give, the more you'll receive. Simply being open to the process can yield manifold results.

2

Research shows that a person's willingness to change and engage with others has a significant impact on how his or her recovery will play out. Engagement is not always immediate, but it does pay off once you choose to be involved in your recovery.

3

Some therapeutic methods may sound very technical, but once you participate with a therapist or therapeutic group, you will sense how practical they are. Don't get caught up in the clinical names; these techniques can help you for the rest of your life if you allow them to.

CONCLUSION

While addiction treatment is made up of a variety of components, therapy is always at the core of any program.

Read on to find out:

- What Motivational Interviewing is
- What a comprehensive treatment experience looks like
- What happens after treatment


what is *Motivational Interviewing?*

Motivational Interviewing (MI), also known as Motivational Enhancement Therapy, uses a stages-of-change approach that has been proven effective in treating substance abuse. It involves focusing on the patient's goals and achieving them one step at a time. Plans are tailored to the person, creating greater incentives for patients to make progress since they do not have to focus on the impersonal goals of a one-size-fits-all program.

We all have issues, some we're aware of and some we aren't. We also have feelings about those issues. Motivational Interviewing allows therapists to embrace all the issues people bring to treatment and address them, meeting individuals where they are and moving through the process with them. Nothing is swept under the rug. This research-based approach to patient-centered care helps patients to confront their issues and create the lives they want to live instead of having a set path dictated to them.

Motivational Interviewing is collaborative and based on change that comes from within.

Motivational Interviewing focuses on exploring and resolving ambivalence, and it centers on what motivates each individual to facilitate that change. In contrast to other methods, it is not coercive, and there aren't external forces imposing change on the patient. Instead, it is based on change that comes from within. It's collaborative, and the interviewing process is used as a guide to elicit and strengthen an individual's own motivation for change.



Did you know?

The definition of Motivational Interviewing has been refined since it was first developed by William R. Miller in 1983. Since that time, this method has been applied and tested in various settings and proven effective for treating those with substance use disorders.

When it comes to Motivational Interviewing, the method is respectful, building upon rapport between patients and counselors. Trust is key, as patients are encouraged to use identification, examination and resolution of ambivalence to change their own behaviors.

A skillful MI practitioner is attuned to a patient's level of ambivalence and can sense his or her readiness for change, thoughtfully utilizing techniques and strategies that will meet that person where he or she is at the moment.

*Motivational Interviewing can be defined using
three essential elements:*

1. MI is a particular kind of conversation about change. It involves a therapeutic consultation where a patient can define his or her desires and set realistic goals.
2. MI is collaborative. It is person-centered, a partnership between therapist and patient rather than a process of education passed from expert to recipient.
3. MI is evocative. It seeks to bring out a person's own motivation and commitment.

*“Motivational
Interviewing is
collaborative, and
the interviewing
process is used as
a guide to elicit
and strengthen an
individual’s own
motivation for
change.”*

3 Helpful *hints*

1 Setting goals can be an empowering process. Your goals can be great or small, but they're yours—and your treatment team can help you achieve them.

2 Motivational Interviewing helps replace negative thinking with positive thinking. It is designed to help change how you view your life so that you can move forward.

3 Motivational Interviewing puts you on course for hope and a more fulfilling life.

CONCLUSION

Research has shown that the more engaged patients are in the treatment process, the more likely they are to sustain recovery for the long term. Motivational Interviewing not only provides the opportunity for engagement, but it allows patients to partner with their treatment teams. Research indicates that, beyond clinical expertise and therapeutic methods, relationships have a profound effect on patients' recovery. Establishing quality relationships and trust with one's treatment team can be instrumental to long-term recovery.

Read on to find out:

- What a comprehensive treatment experience looks like
- What happens after treatment
- Information about alumni events and community support organizations

a comprehensive. *Treatment Experience*

The best treatment options engage multiple aspects of an individual instead of just addressing the addiction. A model that addresses the whole person—physical, mental, emotional and spiritual—has been proven to provide the best opportunity for long-term recovery.

That's why in addition to process groups and lectures, comprehensive programs include a range of holistic offerings. Some options simply help patients reconnect with themselves and heal their bodies. Many of these activities take place off-site, with some done as a group and others on an individual basis. Where and when they're done isn't as important as the fact they are incorporated into a comprehensive treatment program in the first place.

Why Does a Holistic Experience Matter?

Addiction doesn't happen in a vacuum. There are numerous issues that come into play when dealing with this deadly disease. That's why healing can't be singly focused either. A variety of treatment methods should be used to allow each individual to grow in self-discovery at his or her own pace.

It may seem odd to suggest that a ropes course can aid in addiction treatment, but occupying our brains or bodies in various ways can sometimes free up our minds to let us access information that wouldn't be available through a traditional therapy session. Also, these activities can promote self-esteem, teamwork and skills that will be crucial to the ongoing recovery journey.

Equine therapy, for example, can be a powerful treatment method. For years now experts have realized that when practiced as part of a substance abuse treatment program it can help build self-acceptance, confidence and trust.

While horses or kayaking won't necessarily keep someone sober, they can be an important part of treatment and teach valuable, practical lessons that are helpful in long-term sober living.

Did you know?

Some holistic options may include:

Equine therapy

Pilates, yoga, massage or acupuncture

Music and creative arts therapy

Adventure therapy

Meditation and spiritual reflection

Nutrition and exercise

Nutrition and Exercise

If poor nutrition and lack of exercise can have negative effects on an otherwise healthy person, imagine what they can do to someone battling an addiction to drugs or alcohol. Substance abuse takes over lives, causing everything else to take a backseat. Relationships, career, health—none of these are priorities during active addiction. Add to that the problem that many people don't get enough to eat or choose the right foods when they are preoccupied with their addiction.

When addicts enter a treatment program, they often have health issues related to their substance use. Their immune systems may be weakened. Muscle tone is compromised. Nutritional deficiencies are common. Skin tone, energy levels and sleep patterns may all be negatively affected.

Addiction doesn't happen in a vacuum. There are numerous issues that come into play when dealing with this deadly disease. That's why healing can't be singly focused either.

You can't be truly healthy if parts of you are still sick. While nutrition and exercise may not seem like obvious components of substance abuse treatment, don't underestimate their importance.

The healing properties of organic fresh foods allow the body to reach a balance that helps to reduce cravings, create strength, calm emotions and bring clarity of mind. That's why what you eat during treatment can play an important role in recovery. It's the same with exercise. Working out, swimming, hiking or even a leisurely walk can help boost natural endorphin levels and regulate sleep patterns.

3 Helpful *hints*

1 Holistic therapies are not simply peripheral. They play a key role in the treatment experience, giving space for change to happen in different aspects of your life.

2 Participating in holistic therapies can help you find a new passion in life. You may find that you enjoy rock climbing, riding horses, creating art or practicing yoga. These activities can round out your recovery and help you connect with others when you leave treatment.

3 Don't be afraid to try new things during your treatment experience. You may be surprised by how much you enjoy holistic activities, even if you never choose to do them regularly. Treatment is the perfect opportunity to rediscover yourself.

CONCLUSION

Residential treatment provides a perfect opportunity to start new habits related to food and exercise. In addition, holistic options in both residential and outpatient programs can enhance recovery. Adventure therapy, equine therapy, yoga and other holistic treatment methods not only engage your mind and body, but they can also improve your health and make long-term recovery more likely.



Read on to find out:

- What happens after treatment
- Information about alumni events and community support organizations
- What to do if you have more questions

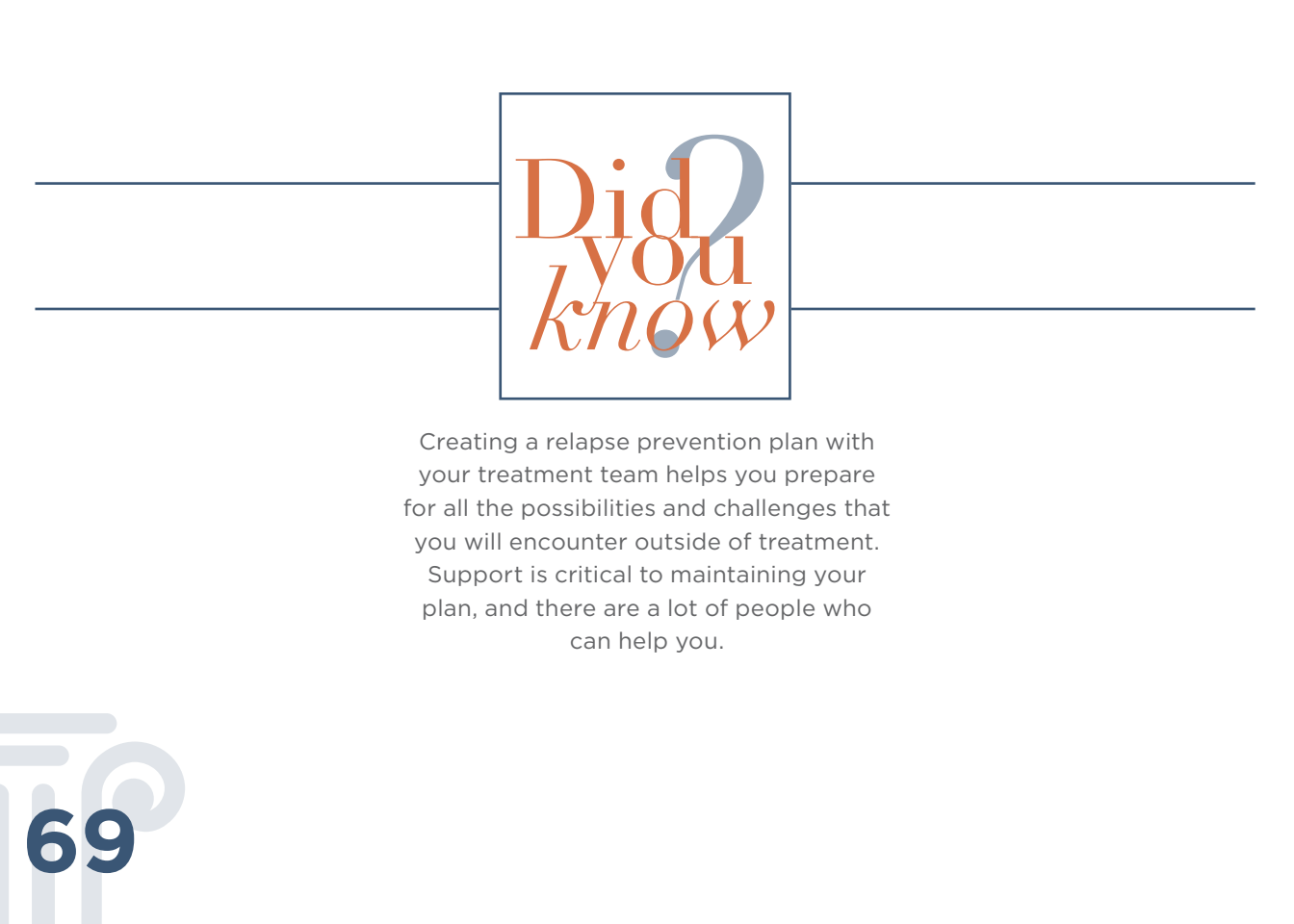
what happens *AFTER* treatment?

Leaving a residential program is the beginning of a new phase of recovery. Ideally, long before a program ends, staff will have worked with each individual to create a customized aftercare and relapse prevention plan. This may include a step-down to outpatient treatment or a sober living facility. It may involve a network of local meetings and accountability in the form of a sponsor or alumni group events.

Returning to everyday life after treatment is an important step to prepare for. It poses different challenges than being at a facility since patients have to find a way to integrate their new lifestyle into their previous living situation. Most programs offer family sessions that address issues of enabling and co-dependency, helping to ensure that loved ones are aware of their role in the problem and are given tools to help their loved one in the ongoing recovery process. There are also a wide variety of options for additional help and support.

Extended Care

Some individuals determine, with the help of treatment center staff, that they aren't quite ready to return home. In these cases, they may opt for extended care. A step above sober living, these programs provide a transition to more freedom within the structure of an ongoing program. Programming is more limited than in a regular residential program and participants are often permitted to have a car and leave the property for short periods of time. There are curfews, and meals are usually eaten together, family style, much like in residential treatment.



Did you *know*

Creating a relapse prevention plan with your treatment team helps you prepare for all the possibilities and challenges that you will encounter outside of treatment.

Support is critical to maintaining your plan, and there are a lot of people who can help you.

Sober Living

These programs are a step down from extended care, offering communal living with additional freedoms. Many participants in sober living programs hold down jobs or are away during the bulk of the day, returning at night in time for a curfew. Meetings are held focusing on recovery skills and relapse prevention, but the schedule is much less strenuous than during residential treatment. Some choose to attend sober living near home as a way to ease back into life with family and career while others choose an out-of-state option. Residential or outpatient staff can help you determine the best options for you and suggest reputable programs.

“As life goes on and time passes, it can be tempting to think you have your recovery under control. But everyone needs a little help from time to time. Stay connected!”

Spending some time in a sober living home is more than sitting and waiting. This safe environment can give individuals a head start on a new lifestyle, including organizing job searches, incorporating recovery into everyday life, arranging for a new place to live and rebuilding relationships that will provide support for the future.

Aftercare Support

Anyone who leaves treatment is in need of some sort of aftercare support. Local 12-Step meetings, sponsors, accountability through other program alumni and ongoing counseling are all good ways to ensure that you stay on the path of recovery. As life goes on and time passes, it can be tempting to think you have your recovery under control. But everyone needs a little help from time to time. Staying connected will help keep you aware of any bad habits that crop up so you can address them. Being a committed part of a recovery community, either via local meetings or support organizations, can limit your relapse risk.

3 Helpful *hints*

1 Finding a peer group and getting your family involved in your relapse prevention plan can be instrumental to your recovery process.

2 Even if you don't feel in danger of a relapse, attending a 12-Step meeting or aftercare group at an outpatient center can reinforce and strengthen your priorities.

3 Sober living can provide the combination of structure and flexibility that you need to re-integrate into your everyday life. Even if you would like to go home, stay open to the idea of attending a sober living center.

CONCLUSION

Finding support is key after your treatment experience. Whether you leave a residential program and go home or participate in sober living and an outpatient program, you can find a place in your community to get involved. This is an important time to reach out to others who can encourage you and help you keep your recovery a priority. There are a number of fun, engaging activities to do and unique organizations to get involved with, so don't limit yourself to any particular option. Don't hesitate to get out and find a community—you will be glad you did!

Read on to find out:

- Information about alumni events and community support organizations
- What to do if you have more questions

alumni events & *Community Support* *Organizations*

Upon completion of a residential or outpatient program, you become a member of an alumni network. What this means varies from program to program, but reputable facilities will want to do all they can to make sure their patients succeed in the long term. For some, this starts with graduation ceremonies and includes regular gatherings, annual picnics, ongoing education and even phone calls from an alumni coordinator to check in on your progress.

Whether you take advantage of weekly, monthly, annual or online events, the goal is to keep you connected. By maintaining a link with the people you came to know during treatment, you have a built-in network that can provide continued support long after treatment has ended.

If you've completed treatment and aren't yet part of an alumni group, it's not too late. No one walks this road alone. Connecting with others who understand the unique issues related to addiction and recovery can make all the difference when it comes to long-term success in beating substance abuse.





Did you *know*

There are plenty of ways to have fun while living a sober lifestyle! You can do things like rock climbing, dancing, bowling and running with your community. You'll be amazed by how much you can enjoy your recovery.

The lie of addiction is that you are alone in your disease. The truth is there are millions of people just like you who continue to wage a heroic battle against substance abuse and co-occurring mental health issues.

Community Support Organization Feature: Heroes in Recovery

Heroes in Recovery is a community support organization that began in 2011. It's a nationwide movement where people share their stories of recovery online (at HeroesInRecovery.com) and participate in 6K races and events across the country to support those in recovery. Heroes highlights and supports other recovery-centric organizations and events, and they are active on social media. Even if you're far away from your treatment facility or alumni network, you can join Heroes in Recovery and stay connected.

“Connecting with others who understand the unique issues related to addiction and recovery can make all the difference when it comes to long-term success in beating substance abuse.”

HEROES

IN RECOVERY

HeroesInRecovery.com

3 Helpful *hints*

1

Visit HeroesInRecovery.com to get immediately connected to a community support organization.

2

Don't give up on community! If you have to search, keep at it. It is well worth the effort.

3

Expand your perspective by trying new things with alumni or recovery groups. You may find a new passion for yoga, outdoor adventures, volunteering and more if you try some things out—and at the very least, you can find peers who are going through the same thing that you are.

CONCLUSION

There are organizations everywhere that are supporting the cause of recovery. Recreational groups, volunteer teams, 12-Step communities and charitable organizations are all around you. The Internet has made it easier than ever to find these groups and get involved. If you still have a hard time finding one, you can ask your alumni network or treatment team. They can help you get connected in your local area.

Read on to find out:

- What to do if you have more questions

Still Have *Questions?*

This book is a free resource produced by Foundations Recovery Network (FRN), a nationwide residential and outpatient treatment organization. We provide integrated treatment for addiction and mental health conditions, and we have served thousands of people across the globe since 1995. FRN treatment centers annually meet criteria only achieved by the top 5% of addiction treatment programs according to the Dual Diagnosis Capability in Addiction Treatment index (DDCAT). The purpose of our organization is to create lifetime relationships for long-term recovery.

If you still have questions about treatment and recovery, our admissions coordinators are available 24/7 to have a conversation with you.

Our admissions helpline: **866.494.7787**

For more information about our programs and facilities, please visit:

FoundationsRecoveryNetwork.com

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