

FREE CHECKLIST

25 MUST ASK QUESTIONS
WHEN RESEARCHING
TREATMENT CENTERS





1-800-900-2252

25 MUST ASK QUESTIONS WHEN RESEARCHING ADDICTION TREATMENT CENTERS

The road to recovery can be long and confusing. Faced with many options for treatment, it is important to fully understand the process of treatment and reputation of the facility. Which is why InnerBalance has developed this resource of the top questions to ask when researching addiction treatment centers. We hope it will be helpful in your journey and are always here if you need assistance or have additional questions.

1. Does the treatment center offer Biochemical Restoration?

Yes No

How do they define Biochemical Restoration?

NOTES:

Things to listen for: Medical labs included, whole treatment plan including supplements, vitamins, nutrition and overall health and well being of the patient. How and what does the addiction center treat?

2. How does the treatment center plan to eliminate depression, anxiety, sleep problems, mood swings, and racing mind?

Yes No

NOTES:

Things to listen for: Do they address these conditions? Do they focus on behavioral therapy? Do they utilize prescription medications?



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3. Does the facility complete extensive lab work?

Yes No

a. How many different medical labs will they receive?

b. Will they send you a copy of the labs they complete?

Yes No

c. Do they provide an explanation of each lab test?

Yes No

NOTES:

Things to listen for: Extensive lab testing that includes adrenal function, hormone levels, histamine levels and genetic testing are vital to effective treatment.

4. Is the doctor involved and available for client care and needs? How often?

Yes No

NOTES:

Things to listen for: How often does the doctor interact with the patient (daily, weekly, one time, etc.) What sort of medication is prescribed? Are they natural supplements or are they prescriptions? What results have they seen from their treatment plan?



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5. Does the individual receive one-on-one counseling? If so, how often?

Yes No

NOTES:

Things to listen for: Number of counselors available. Type of background of counseling staff. How often counselors interact with the patient.

6. How long has the treatment team been working together and what is their experience?

NOTES:

Things to listen for: Long term relationships and collaboration of the treatment team, essential for the syncing of all aspects of the complex parts of addiction to be analyzed, treated, and communicated effectively.



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7. Are the counselors Masters Level and licensed?

Yes No

NOTES:

Things to listen for: Extensive education of counselors and staff including certification in their area of expertise and ongoing continuing education.

8. What is the primary mode of treatment?

NOTES:

Things to listen for: Do they focus on behavioral therapy (traditional “talk” therapy) such as providing incentives for being drug-free, stimulating internal motivations to stay free from addictions, and community reinforcement? Do they use more pharmacotherapies like prescribing methadone to prevent withdrawal symptoms, reduce cravings, and suppress the high in opioid addicts? Also, do they combine treatments to address multiple areas of addiction?



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9. Is the program Holistic in nature and what does that mean?

Yes No

NOTES:

Things to listen for: Are they focused on nutrition and nutritional education, mental clarity, spiritual support systems and repairing relationships as well as balancing body chemistry?

10. Is the treatment plan customized to the client's individual needs and goals? Does the client participate in creating their treatment plan?

Yes No

NOTES:

Things to listen for: How they include the patient in treatment. What individual factors are included in a treatment plan? Does the patient get to participate in their own treatment choices, plan and goals?



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11. Does the treatment center prescribe addictive medications such as benzodiazepines or opiates?

Yes No

NOTES:

Things to listen for: Does the treatment center utilize prescription drugs beyond the detoxification phase of treatment and if so why? If you are struggling with an addiction, do you really want to commit to a treatment center that often prescribes addictive medications? Although this is not common practice, it is a good question to ask.

12. Does the treatment program offer an exercise program that the client participates in?

Yes No

NOTES:

Things to listen for: Type of facility for exercise, reasoning behind the exercise program, understanding of importance physical activity has in long term recovery, assistance with getting started with exercise.



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13. Does the treatment center offer outings to the patient? If so, what are the off site experiences offered?

Yes No

NOTES:

Things to listen for: Ability to reconnect with other living things/beings, as most of the addiction journey is inwardly focused, becoming outward focused is a large part of the recovery journey. This can be referred to as “spiritual” connection.

14. Are special meals served to patients? (For example; no sugar, low carbohydrates, healthy, natural, or organic)

Yes No

NOTES:

Things to listen for: Types of food served and the thought process and reasoning behind the menu. Are they continuing to perpetuate addiction through poor diet? Most, if not all, people who walk in the doors of a treatment facility are suffering from malnutrition. Rebalancing the body restores the body and brain functions and ability to heal naturally, and provides education toward future self-care and long term results.



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15. Are clients taught about the importance of nutrition?

- Yes No

NOTES:

Things to listen for: Acknowledgement that many people never learn the value of high nutritional eating. Also, that food can be a source of comfort in a new and stressful situation. Long term dietary changes are critical to permanent sobriety as is nutritional education. Find more information on nutrition and addiction here.

16. Does the patient continue to receive counseling following the initial treatment phase?

- Yes No

a. Is there is an additional cost?

- Yes No

b. How long do they receive additional counseling?

NOTES:

Things to listen for: Long term support options outside of the treatment center for maintaining a sober lifestyle including counseling, group sessions and lifestyle support (job search, etc.). Long term support opportunities for family, friends and other loved ones.



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17. How often does the team meet to discuss the client's clinical and medical progress?

NOTES:

Things to listen for: Weekly meetings of counselors, doctors and staff are the best solution to assisting patients through treatment. Just because a treatment center claims to have a world renowned psychologist on staff doesn't mean the average client gets to work with that psychologist. When looking into treatment centers, make sure the center and staff are licensed and check to see how often clients see doctors, counselors, etc.

18. Is the staff available 24/7?

Yes No

NOTES:

Things to listen for: Staff availability during treatment is critical during the critical first 28 days of treatment, ensure that the center you are talking with has someone available 24 hours a day.



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19. Is the treatment center licensed by the state?

Yes No

NOTES:

Things to listen for: All treatment facilities should have up to date state licensing credentials.

20. Will clients have access to their cell phones and laptops?

Yes No

NOTES:

Things to listen for: Are there limits on electronics? Are patients treated with dignity and the ability to manage their electronic time in tandem with treatment? Does the center limit time on devices? If so, when? Does the center have security measures in place for electronic devices to ensure the respect and safety of all patients?



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21. Does the treatment center provide the client with a complete breakdown of cost for treatment in order for equal comparisons to be made with other treatment center costs?

Yes No

NOTES:

Things to listen for: Treatment for addiction can be expensive. Not all insurance programs cover it, and many treatment centers only accept specific insurances. Some programs also slam clients with hidden fees for medical labs, food, lodging, supplements, and outings.

22. Will the treatment center provide the client with legitimate names and phone numbers of past clients to talk with regarding their treatment experience with the center?

Yes No

NOTES:

Things to listen for: Non specific success stories, inability to provide referral information or testimonials



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23. Can the treatment center provide legitimate testimonials from past clients?

Yes No

NOTES:

Things to listen for: Generalities in testimonials, information that seems forged, lack of program specifics in testimonials given. Google Reviews, Better Business Bureau ratings, etc.

24. Can the treatment center provide current pictures of their accommodations?

Yes No

NOTES:

Things to listen for: When researching addiction treatment centers, it's important to find a center that will meet your day-to-day needs. What are their rooms like? Do they provide a gym or exercise classes? Do you have access to electronic devices like cellphones and computers? A red flag might come up when a treatment center refuses to provide images of their premises.



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25. Does the treatment center accept insurance?

Yes No

NOTES:

Things to listen for: Not all insurance programs cover the cost of treatment, and many treatment centers only accept specific insurances. Ask to have your insurance pre-approved and what your portion of the treatment costs will be after insurance is approved. Also ask for financing or payment options if insurance will not cover treatment costs.