



### Ten Questions to Ask Other Treatment Programs

Here are some questions you can ask to help you differentiate a traditional treatment program from a science-based program – like the one offered by Enterhealth.

- 1. Is your program's curriculum primarily twelve-step based? If so, would you please tell me why we should pay for your program when we can get that kind of service for free?**
- 2. Do you have a full-time addiction psychiatrist on staff at least 40 hours/week?**
- 3. Do you have physicians on staff? If so, what kind of doctors are they?**  
(If they're not psychiatrists, how will they be able to address your family member's psychiatric issues?)
- 4. How long does the doctor spend seeing each patient each week?**
- 5. What is your program's philosophy on using medications?**  
(As addiction is a chronic medical disease, medications are an important component of successful addiction treatment, although specific medication solutions will be different for each patient.)
- 6. Does your program have full-time 24-hour nursing on site, seven days a week?**  
(According to the latest scientific research, to complement the important focus on the medical issues in recovery, nursing support is critical.)
- 7. Are the people that do the therapy at your center counselors? Or therapists?**  
(Therapists have had extensive training at a post graduate level to be able to work with the complex behavioral therapies, which are necessary to teach alcoholics and drug addicts the necessary healthy coping skills needed for a long-term successful recovery program. A therapist is someone that has an LPC, social work or PhD degree. A counselor is usually noted by a LCDC designation, and is usually only trained in twelve-step-based concepts.)
- 8. Does your program allow the patient to see an individual therapist each week for at least two hours? If not, why not?**  
(According to National Institutes of Health guidelines, individual therapy is very important to the success of addiction treatment.)



**9. How does your program approach working with the patient's family?**

(Your family's own health and therapy are critically important to the successful outcome of the patient. Also, your family needs your own therapy time each week, separate from the patient. Finally, your family needs to be educated about the disease of addiction and what your loved one needs to do to heal and stay sober in the long run.)

**10. After my family member will be discharged from residential treatment, will they have access to the same science-based treatment on an ongoing basis?**

(Outpatient treatment is a critical component of any residential treatment program. Specifically, after the patient is discharged, they need to learn how to apply everything they have learned to keep them sober and allow their brains to continue to heal. Remember, the outpatient services need to include all of the residential services – psychiatric, medical, family therapy, individual therapy, etc. – delivered by a qualified and trained team of clinicians.)