

Choosing the Right Treatment Program

COMPARISON CHECKLIST

Use this checklist when talking with treatment providers or researching programs to help you decide which option is the best fit for your loved one.

WHAT TO LOOK FOR

WHY IT MATTERS

CREDENTIALS & ACCREDITATION

Is the program licensed and/or accredited? Are staff qualified and experienced?

Ensures the program meets professional standards for safe, ethical, high-quality care.

REPUTATION & REVIEWS

Are testimonials, reviews, or outcome information available? What do others say about their experience?

Provides insight into the program's track record and how they treat individuals and families.

DUAL DIAGNOSIS CARE

Do they treat both substance use and mental health conditions?

Integrated treatment addresses underlying issues for better, long-lasting outcomes.

EXPERIENCE WITH SPECIFIC SUBSTANCES

Do they have experience treating the specific substance(s) your loved one is struggling with?

Different substances require specialized approaches and clinical expertise.

CONTINUUM OF CARE

Do they offer a full range of services (e.g., detox, residential, outpatient, aftercare, sober living)?

Recovery is a journey. Ongoing support at different levels of care promotes long-term success.

FAMILY INVOLVEMENT & SUPPORT

Do they offer family education, therapy or support resources?

Healing is stronger when families feel supported and informed.

INDIVIDUALIZED TREATMENT

Do they complete a thorough assessment and create a personalized treatment plan?

Individualized care addresses unique needs, strengths and goals.

AFTERCARE & COMMUNITY CONNECTIONS

Do they help connect individuals to ongoing support, resources and recovery communities?

Continued support reduces relapse risk and builds a strong recovery foundation.

QUESTIONS TO ASK



What does the assessment process look like? How is treatment personalized?
 How long does treatment typically last? What does a typical day look like?
 How do you involve families?
 What happens after treatment ends?
 What outcomes can we expect?