

How to Choose a Substance Abuse or Mental Health Rehab

A Comprehensive Guide

Disclaimer

Copyright © Year 2022

All Rights Reserved

No part of this eBook can be transmitted or reproduced in any form, including print, electronic, photocopying, scanning, mechanical, or recording, without prior written permission from the author.

The contents of this book reflect the author's opinions, with facts and references provided where necessary. The author has offered suggestions, and they should be treated as such. They are not taken as guarantees of expected results since the author does not guarantee the outcome of the recommendations.

The information provided in this book has been written solely for the purpose of providing guidance for people looking for rehabilitation for substance abuse and/or mental health concerns. Do not use this book to diagnose or treat any medical condition, physical or mental. Please consult your physician, psychologist, or psychiatrist if you suspect you may have substance dependence or a mental health disorder to obtain a formal diagnosis or treatment plan.

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this e-book.

Table of Contents

Introduction	1
Chapter 1: Substance Abuse, Mental Health, and the Role of Rehab Facilities.....	3
Chapter 2: Financing and Insurance.....	5
Chapter 3: Team Credentials and Expertise.....	9
Chapter 4: Treatment Plans and Services	15
Chapter 5: Location and Convenience	21
Chapter 6: Length of Treatment.....	24
Chapter 7: Post-Recovery Support	26
Chapter 8: Former Patient Reviews	28

Introduction

Mental health and substance abuse are prevalent in the US, with many experts concerned about rising numbers. Surprisingly, a significant percentage of people are still unaware of the options they have for treatments despite the urgency of this matter.

[50%](#)¹ of the American population experiences at least one incident of mental health deterioration while they are 14-23 years old. This number increases to 75% by the time they reach 24 and sometimes continues rising. If this doesn't sound jarring enough, the following sentence will.

Did you know that nearly [50](#) million Americans daily struggle with mental health in the US? Unfortunately, that's far from the worst statistic, knowing that almost 4.9% of these 50 million are in severe crisis because of the depth of their disorder.

These statistics are worrying, but they only cover mental health. America also has a drug problem, made worse by the fact that there is limited coverage to support people with substance or alcohol dependence.

More than [130](#) people die due to opioid overdose daily on average, meaning around 47,450 would die annually. Unfortunately, the actual numbers are worse, as a total of [100,306](#) people died due to substance overdose in 2021. Worse still, [140,557](#) people die due to alcohol abuse in the US each year, and consumption only worsened due to COVID-19 lockdowns.

¹ <https://pubmed.ncbi.nlm.nih.gov/15939837/>

These facts may cause discomfort. They make you feel troubled, but there's no escaping the reality. It is better to acknowledge and address the problem instead of pretending to know nothing.

We are deeply involved with the treatment and rehabilitation industry, and it never fails to surprise us how little access people have to accessible solutions. They often can't afford therapy costs, medicines, and even the care needed to escape the clutches of these problems.

[41.4 million](#) people in the US reportedly sought counseling services in the US in 2020 despite [52.9 million](#) experiencing mental health concerns. And these are only the reported numbers. The difference of more than 10 million is significant, and there are a few causes:

1. Lack of accessibility to affordable care
2. Lack of awareness about treatment and rehab
3. Reluctance to seek treatment

The purpose of writing this book is to address the second cause – lack of awareness. Knowing that people often fail to get the necessary help only because they don't know how to find a suitable treatment facility is one of the saddest yet easily solvable concerns.

We truly hope that reading this book will allow you to help a loved one or yourself get the help you need and a fresh start. We aim to increase awareness to get more people with addiction or mental health disorders to seek help and recover.

– Mental Health Providers.org

Chapter 1: Substance Abuse, Mental Health, and the Role of Rehab Facilities

Substance abuse refers to drug and alcohol abuse, addiction, or dependency. Almost [21 million](#) Americans reportedly have at least one addiction, but only 10%, or 2.1 million, receive the necessary treatment for recovery. Similarly, few people take mental health seriously despite suicide being the second most common cause of unnatural deaths in the US.

The strange part is that there are 14,000+ rehab facilities in the country to help people recover from addiction or get mental health support. Yet, accessibility reports often reveal that they might not be enough.

On top of that, rehabilitation centers have also become a massive business, earning more than [\\$42 billion](#) in 2020. The problem is that a significant percentage of the ones with the highest profits are luxury rehabs well out of the affordability range of the typical American.

Action for Accessibility

Thankfully, communities and governments alike have become concerned about the increasing concerns and have started initiatives. They are opening more affordable treatment centers to ensure all socio-economic classes have financial and physical access to such facilities to give them a fair chance at a new life.

The drive to increase accessibility is in full swing. Therefore, raising awareness about treatment suitability makes sense. The more people know how to find the proper rehabilitation for themselves, the more likely they will seek treatment.

Of course, this rule also extends to their loved ones, who may see the patient spiral and do the research work on their behalf before convincing them to seek the necessary treatment.

Finding Help

Seeking suitable rehabilitation centers requires considering several factors affecting your or your loved one's experience. Your goal should be to avoid any establishment that considers you a means to make more money and focus on ones that genuinely care about providing support.

The following chapters in the books will address each component in detail to ensure you have the necessary knowledge to find the proper support.

Chapter 2: Financing and Insurance

Financing is a critical concern for most people seeking help and is sometimes an obstruction in the path to recovery. A 2019 report revealed that nearly [34 million](#) people lost their lives because they couldn't afford medical treatment. Another report claimed that [50%](#) of addicts never receive the treatment they need because they cannot afford it, leaving them helpless and desperate.

Unfortunately, that is the sad reality in the US despite addiction and mental health treatments being billion-dollar industries. The good news is that governments and communities feel pressured by the steep incline in addiction and are trying to find a sustainable and affordable solution to help people in need.

Payment Options

Understanding how it works is the best way to get around this concern. A few treatment centers across the US provide addiction of mental health treatments for free if the patients cannot afford them. However, such facilities are fewer in number and not always accessible to everyone with financial insecurity.

Hence, it is best to consider the options you have.

- Free of Cost Treatment
- Government Healthcare Insurance
- Private Healthcare Insurance
- Family Support
- Debt Funding

1. Free-of-Cost

Free treatment options are where the center funds treatments for people through donations or their annual budgets for

community service. However, these centers have limited spots for facilitating people under these options unless they only provide free treatment.

Therefore, they have strict evaluation criteria for patients and ensure the people getting approval cannot afford treatment otherwise.

2. Government Healthcare Insurance

Several treatment centers accept governmental healthcare insurance, like Medicaid or Medicare, which is a source of relief for a significant percentage of the population.

You can always opt for such facilities to reduce the burden of healthcare costs and minimize the stress that comes with them. However, note that Medicaid and Medicare have limited coverage, so it is best to confirm which parts of the treatment your government insurance will cover.

Knowing the cost beforehand is the better choice whether you're seeking treatment for yourself or a loved one.

3. Private Healthcare Insurance

Some treatment centers may not accept Medicare and Medicaid, but they cover most private insurances and mention the list on their website. It is best to review the list to confirm if you're covered or call the center to ask the staff directly.

Even with private insurance, it is best to check which treatment costs the insurance will cover and what you'll have to pay. I also recommend upgrading your insurance to include such treatments to prevent the medical expenses from eating away at your savings.

4. Family Support

Some of you may not have the insurance or finances to pay for your treatment, but that doesn't mean you shouldn't receive it. Try to see if your family or loved ones can provide financial support for treatment and cover your bills while recovering.

Every family is different, so you'll need to work out the dynamics and arrangement of support depending on how your family handles such matters.

They can consider the money a necessary gift to ensure your well-being or a loan you can repay once you get a stable job post-recovery. Although the family is involved, I recommend being clear about expectations in the earliest stages to avoid future miscommunication and disgruntlement.

5. Debt Funding

Lastly, you can take out a loan to fund your treatment. This option is at the bottom because it is my least preferred on the list. Seeking treatment for addiction or mental health disorders means you're in a vulnerable position, and it will take time before you can become financially stable post-recovery.

Adding debt to the equation will only increase stress levels, potentially jeopardizing your progress. However, if you have no other option but debt, please take it and start the recovery process. You can always plan repayment options with your bank and reach an agreement that suits your circumstances.

The abovementioned financing options are the primary ones for recovery and rehabilitation treatment, so choose the ones that best suit you.

It is also a good idea to be careful in choosing your treatment center. Addiction treatment is a billion-dollar industry, so there are bound to be a few fraudsters in the mix. Questionable treatment centers and “body brokers” often target people with good health insurance, charging them for unnecessary and, sometimes, ineffective treatments. These frauds were the subject of inquiry in [Florida](#) in 2017; however, they are not restricted to the state. A few fraud mills operate in every state, targeting vulnerable people trying to turn their lives around.

Hence, be mindful of where you put your trust and money.

Chapter 3: Team Credentials and Expertise

Healthcare is meaningless without qualified specialists and trained experts. Their presence, knowledge, experience, and expertise are central to your treatment and recovery, and you must be assured that they have the qualifications to provide the necessary care.

The credential determination process has two primary categories:

1. Treatment Center Credentials
2. Staff and Specialist Credentials

Treatment Center Credentials

Treatment center credentials refer to the certifications for the treatment facility by relevant authorities. These certifications review the center's treatment plans, resources, hygiene, residence, and amenities to gauge compliance.

The process also requires multi-step evaluation to determine staff expertise with addiction and mental health treatment to ensure they are qualified to offer the necessary assistance to patients.

Following are some of the certifications that attest to a treatment facility's credibility, capability, and compliance:

1. The Joint Commission

The Joint Commission Accreditation is a standard in the addiction and mental health treatment industry and a core reliability requirement. The reason is simple – this authority has set some

of the best criteria to assess the quality of care, safety, and commitment to continuous improvement.

The accreditation process is also challenging and judges rehab centers on several performance metrics, including quality and maintenance of facilities, range of treatments for addiction and mental health disorders, and tools to facilitate recovery.

Getting the certification is grueling, but it is worth it and helps you gain community trust.

2. CARF International

CARF is an independent nonprofit organization that provides accreditation services to treatment centers interested in increasing their credibility.

Although CARF isn't as famous as The Joint Commission, it is a reliable authority, and its certification carries weight and trust at national and international levels.

They have a comprehensive accreditation process that involves surveying the organization and reviewing its documentation, treatments, organizational practices, and patient safety efforts.

They make relevant suggestions for improvement and provide a quality improvement plan, if necessary. The facility receives accreditation after incorporating all recommendations.

3. LegitScript

LegitScript is a holistic certification that evaluates a rehab facility on several factors. It checks if their staff members have the necessary licenses and certifications and how well they follow best practices. The certifying body also considers the general structure of the facility and rates it based on its suitability for the rehab services.

Lastly, LegitScript evaluation inspects and evaluates the facility's business model, marketing, and business partnerships. It flags anything that requires further clarification or amendment and informs the facility of necessary corrections to get the accreditation.

Once the facility removes the objections, they can apply for a reevaluation and get accreditation if they fulfill the criteria. LegitScript's process is thorough and reliable, which is why most reputable facilities get certified to show their competence.

You can also look up reviews if your chosen rehab is working with someone else and decide based on the outcome of your research. As long as they are trustworthy, there shouldn't be a problem.

4. OTP Certification and Accreditation

This certification addresses the quality of care for opioid treatment, and you will need to get it from the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA is a division within the US Department of Health and Human Services. It focuses on studying and minimizing the impact of substance abuse and rehabilitation by providing necessary support.

Opioid treatment has a separate certification because it can be tricky. Opioid withdrawals can put a patient's life at risk, so doctors and support staff need to be extra vigilant when providing care.

Additionally, some detoxification treatment drugs also have addictive properties, so their usage and care also need extra monitoring. The additional care and precautions require an inspection to ensure the rehab has all the necessary arrangements to support patients.

Staff and Specialist Credentials

The rehab staff is a building block of a rehab facility and needs to meet standard criteria to get approval. It would be good to remember that a rehab facility will not get certified if it doesn't have the required specialists on its panel.

Following is a list of designations that are a must at a rehab facility for addiction:

Doctor (MD), Psychiatrist

A psychiatrist specializing in addiction and co-occurrence is among the first professionals a rehab needs. They are responsible for observing patients and determining which medication or treatment plan would work well for them.

They also have the necessary knowledge about the overlap between addiction and mental health disorders and can determine if you require combined treatment.

A certified psychiatrist must have a medical degree from an accredited organization. They also need to have completed their residency in the relevant field and have a certification from the American Board of Medical Specialists.

Lastly, they need to have a state license to practice medicine.

Psychotherapist

Psychotherapists are certified practitioners responsible for working with patients to address their emotional or mental health concerns. Psychotherapy is a division within mental health treatment that focuses on exploring a person's emotions and feelings by talking to them.

Psychotherapy can work parallel to medicinal treatment or on its own, depending on the case. Addiction typically requires

medicated detoxification, so the therapist provides necessary care with the other treatment.

Most recovering addicts are encouraged to continue psychotherapy even after their inpatient care ends, especially if they have a co-occurring issue. But, you'll have the option to look for a different therapist once your care duration ends.

Detox Specialist

Detox specialists are experts who deliver detox treatment, ensure the dosages are correct, and monitor the situation. They work with the psychiatrist, discussing adverse reactions and suggesting medication changes when required.

Any addiction treatment that requires a detox stage needs such a specialist on board and multiple if they are working with several patients.

Program Director

Program directors are responsible for designing, planning, and organizing activities and non-medical treatment programs to rehabilitate patients. They are trained and certified in dealing with addictions and know which types of excursions are best suited for recovering addicts.

If the rehab you prefer arranges weekly hikes, picnics, guided meditation sessions, yoga, etc., a program director has put the structure in place. That is also why it is critical to have an experienced person on the job because they would know which activities will be suitable given your case history and challenges.

They will also know if activities are helping or not and make necessary adjustments to help you feel more comfortable.

Nurses

The nursing staff or carers are the backbones of a rehab facility. They provide necessary care during the worst parts of the treatment and help the experts monitor your condition regularly. They are also responsible for your medications and will give appropriate medical care if your physical symptoms become difficult to manage.

The nursing staff is essential when older patients enter the facilities because they typically require more assistance.

The abovementioned certifications and expertise are core requirements at rehab facilities. In addition to medical experts, your rehab facility needs case managers and administrative directors. Case managers track a patient's history to ensure there is no discrepancy in their care and communicate any details if experts change.

Administrative directors and their teams are responsible for managing the standard requirements around the facility, including admitting patients, managing reception, and handling the timely ordering of necessary supplies.

Chapter 4: Treatment Plans and Services

You'll find several similarities between the treatment plans for different rehab facilities. However, you'll likely notice that most offer various sets of treatments.

For example, some offer the typical detox treatment and inpatient and outpatient programs. They also provide faith-based for those who prefer such services. Others may not offer faith-based healing, but they may have the 12-Step Program on their services, including treatment for mental health disorders.

It is essential to review the treatment plan portfolio of shortlisted rehabs and see if their services meet your or your loved one's needs. Of course, you can't determine which treatment plan is right for you, which is why it is best to get second or third opinions about your prognosis.

Several rehabs don't charge for the first consultation, so you can get 2-3 opinions about your treatment plan. The opinions will help you understand your needs more and help you make the final decision.

To Note:

While I have recommended getting multiple opinions, it is for when you or your loved one are stable enough to go through this setup. Do not opt for it if the risk factor is high, and admit them or yourself to the first most suitable facility you find.

Overdoses are on the rise, and the last thing you'd want is to risk anything happening before you can find treatment to heal.

Now let's talk about the treatments and services. For clarity, I would like to mention how I differentiate between the two. Treatment is the medical or non-medical procedure that directly aims to battle addiction and facilitate a person's recovery. Depending on which addiction or mental health disorder you're suffering from, there are diverse treatment options, and you undergo the relevant process.

Services, in contrast, are add-ons. They can enhance the treatment results, but they can't achieve them on their own. For example, some rehab facilities offer their clients swimming pools, luxury spas and massages, and similar experiences. While these services will undoubtedly help the patient relax and unwind, they are not directly responsible for recovery. Hence, their presence is an add-on benefit.

Treatments

Rehab facility treatments can be divided into two types:

1. Medical
2. Non-Medical

Medical treatments are evidence-based treatments that follow specifically researched methodologies to treat patients. These can include medication, therapies, co-occurring treatment, etc.

In contrast, non-medical treatments take a unique approach that may or may not work depending on the patient. Some examples include faith-based healing, 12 Step method, family healing, etc.

Following are some examples of medical treatments that are commonly used for addiction treatment:

1. Drug Detox

Drug detoxification is flushing the drug out of a patient's system. It typically requires the patient to get admitted to an inpatient program to ensure they have no access to the addictive substance.

The patient's specialist determines if they will require medication to ease withdrawal symptoms or undergo detox without any additional element affecting their brain chemistry.

This treatment ends once the body becomes accustomed to being without the drug, moving the recovery to the next step.

2. Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is a famous and effective treatment that helps treat people with addiction or mental health concerns. CBT is a behavioral treatment that works best for people whose mental health or addiction issues result from unhealthy cognitive patterns.

The treatment involves targeted therapy that explores addiction or mental health disorders and tries to unveil if there is an underlying behavioral concern causing the problem. Once it highlights the problem, the therapist can work with the patient to find an optimal solution.

CBT has no deadline. It can work quickly for some and slowly for other people. It can be effective for people facing the concerns it treats, but the ones with different options. The goal is to let the brain take time to heal.

3. Medication-Assisted Treatment

Medication-Assisted treatment is when your recovery process cannot proceed without medication. MAT is an effective and reliable treatment for addiction and mental health and often helps people break their barriers.

It differs entirely depending on the addiction and disorder it is treating, and your doctor will need to know all details about their health history before prescribing medication.

An important detail is that MAT does not happen in isolation. Patients also receive therapy along with MAT, allowing them to work on their trauma, scars, and related concerns.

The better they can align their mind and body, the more effective they will be.

4. Dual Diagnosis

Dual diagnosis is a treatment process where the specialist determines that your addiction is a secondary condition due to your primary mental health concerns. It connects the two disciplines, helping patients understand how one part of the brain holds their decisions and life hostage.

Dual diagnosis is the most suitable in rehab facilities offering room and accommodations to people with addiction and underlying mental health issues.

5. 12-Step Method

The 12-Step Method is another addiction treatment that provides a form of faith-based healing. It doesn't center on a particular faith and focuses more on recognizing a more powerful entity, God, that is overlooking us.

The method is relatively straightforward. It gets people to acknowledge their addiction and their state of powerlessness. It then focuses on God's power and support and requires people to pray or request God to remove their imperfections. It also involves acknowledging personal shortcomings and instances where their actions may have hurt others.

Essentially, the process helps addicts combine internal healing and external intervention (God) to find a way to let go of their addictions and other shortcomings.

6. Faith-Based Healing

Faith-based healing is religious, and the treatment centers in America offer different programs for Christians, Jews, Muslims, and other religions. They help patients with deeply religious values overcome their addiction by creating a healing program that borrows from scripture of the respective faith.

The idea is to encourage and motivate them by pushing them to explore their addiction from a religious context and find meaning in the messages of love, devotion, and duty. The overall arrangement is meant to be therapeutic and bring them peace, allowing them to cut their dependence on the substance and find a way to heal from the trauma it has caused.

7. Family Therapy

Family and community play a critical role in the recovery process, and rehabs often incorporate this detail in their treatment plans for patients. Family therapy is an official treatment that specialists assign to some people as part of the overall recovery program to aid their progress.

This plan involves group therapy sessions with the family and individual sessions for the patient. The goal is to help the family come to terms with the circumstances together and find ways to support each other and aid their loved one's recovery.

Some programs also include communities, but this element is less common and depends mainly on how close community members are with each other.

Overall, diversity in treatment plans is always welcome, and it is best to choose a rehab with more rather than fewer options available. However, pay attention to the reviews. There is no point in offering multiple plans if the facility cannot ensure each follows service quality standards.

Chapter 5: Location and Convenience

Can you imagine finding any healing in a rehab that is too close to where you developed your addiction? Most of you will say no, especially if you have traumatic experiences due to the people and the environment. Being too close to people and places that contributed to your addiction can significantly increase your stress and anxiety, making you incapable of responding more favorably to the treatment.

Choosing a location further away from your hometown can benefit your healing and boost your recovery. You might be skeptical about this aspect, but the following list will clarify the matter. Below are reasons why selecting a rehab further from your hometown can improve your recovery:

1. Increases Likelihood of Continuing the Program

The chances of quitting the rehabilitation program are higher when you choose a facility closer to home. You will know that you can quickly go back to your friends or family, and the presence of that option will make it difficult to resist the pain of withdrawal.

Several addicts quit their recovery during the detox phase because they find it too difficult to cope with the pain, anxiety, and other symptoms. Additionally, the risk of quitting will remain even after you have finished detox since you have a convenient solution available.

Hence, it is always better to go a little further away to make coming back inconvenient.

2. Far Away from Bad Memories and Influences

The last thing you want is to be reminded of all the horrible things you've experienced while trying to recover. You'd also prefer to be away from people who contributed to your addiction because there is a chance they can throw you back into that life.

Moving away for rehabilitation and finding a place further away can help you keep your bad memories at bay and feel more relaxed. There will also be no anxiety about being close to people who can hinder your progress at any point.

3. Adds the Excitement of Travelling

Going to rehab is technically part of the recovery journey, but who said you couldn't enjoy the experience? You can consider the trip a form of traveling and take the opportunity to enjoy being in a new place.

It is unlikely that you'll be permitted to wander around the market when your inpatient program starts, but you can treat the stay as a vacation and find ways to enjoy it as much as possible.

4. Feels Like a Breath of Fresh Air

Nothing feels better than changing your surroundings and getting a change in scenery. Rehab facilities often arrange outdoor activities, which will help to be in a new place where every sight and scenery is new.

It may seem like a simple change, but it will make a huge difference when recovering from an addiction. It will also help distract your mind by giving it new information to process and store.

This feeling is especially pronounced if the rehab facility is surrounded by nature and scenic spots. Such locations are

always suitable for people with addictions and mental health disorders and significantly improve their well-being.

5. Reduces Privacy Concerns

The worst part of staying in your community for recovery is the privacy problem, especially for small towns. Smaller towns tend to have close-knit communities where everyone knows everyone. Going to rehab in such a place will increase the chances of your recovery journey becoming the local gossip, whether you like it or not.

Addiction recovery is a private experience, and not everyone wants to share each detail with everyone. It can increase your anxiety and slow down your recovery or hinder it. Hence, it is best to move away and choose a rehab away from home.

In short, pay attention to the location and choose something further away. The only exception to this rule is when you have a spouse or kids that you want to remain close to or when you're in outpatient and must make the daily trip from home to the facility.

Chapter 6: Length of Treatment

The next factor is the length of treatment. Your ideal length of treatment will help you fully recover from substance abuse or mental health disorder in the perfect setting. Unfortunately, the reality is not always ideal, and your responsibilities and other needs will push you to create an optimal and feasible solution. However, your specialist will always discuss your case and inform you if your recovery mandates a more extended stay than your planned stay.

There are two primary treatment lengths you will encounter when checking yourself into rehab.

1. Short-term recovery
2. Long-term recovery

Short-Term Recovery

Short-term recovery programs are typically scheduled for 60-90 days and cover all parts of the treatment process. These programs are most suitable for relatively more stable people and show promising signs of adapting to the new circumstances.

This list also includes people with dependent family members or financial obligations that don't allow them to take time off for recovery. However, specialists study such cases carefully to determine if the recovering addict can manage the situation and continue healing.

If they don't feel confident about the progress, they can always request the patient to take some time off and check in for the inpatient program for adequate care.

Long-Term Recovery

Long-term recovery is suitable for patients who have had substance abuse and/or mental health disorders for some time and have to deal with their lasting impact. Their recovery process is understandably slow and critical since their brain has adapted extensively to their conditions.

Their condition requires consistent efforts and a team committed to the patient's well-being. Most long-term recovery programs are inpatient, but you can also look for rehabs that provide similar services for partial hospitalization or outpatient programs.

They can last up to six months or more, depending on the patient's condition, finances, and family situation. Not everyone can afford to remain in a rehab facility for longer than a few months, so the specialist must create a program that works for the patient's recovery process and needs.

It will generally be up to the rehab team to determine which option is best for you. Still, you can work with them to find ways that will allow you to recover while returning to routine several months earlier than the recommendation. Your doctors will always reveal the risks and benefits of each option to ensure you have all the information needed to make a choice. But eventually, it will be up to you to determine which steps to take.

Chapter 7: Post-Recovery Support

Despite being just as critical as the recovery process, post-recovery support is often overlooked. Post-recovery support aims to help recovering addicts reimmerge themselves into society with as few incidents as possible.

This process also supports patients as they try to maintain their sober lifestyles. The core question then comes down to determining what counts as post-recovery support for free addicts.

1. Family and Friends Network

There is no equivalence for the support you receive from a parent, siblings, or closest friends when recovering from addiction. It is one of the most challenging times you'd have to experience, and you will need a solid support network to help you get through it.

It will also be nice to spend time with them and reintegrate yourself into the 'outside world' through interactions that help make connections. The closer and more sincere your circle, the better the recovery.

2. Regular Check-Ups

Your rehab facility will schedule regular check-ups for you after your inpatient program. The reason is that several facilities keep an eye on the patient and ask about any potential concerns they may have.

These mandatory check-ups can also give you a heads-up about potential health uncertainties.

3. Therapy

Therapy is a must as most people need to make sense of themselves and their circumstances. It explores the depths of your feelings and emotions to understand your circumstances.

Experts also use it as a medium to determine if the patient is in danger of relapsing. Some quick thinking and response on their part will ensure you never have to worry about these aspects.

4. Slow Reintroduction to Work Environment

Gradually re-entering the job market can be an overwhelming experience, but it is necessary for your rehabilitation. Keeping things slow initially is critical because excessive work will cause unnecessary stress.

Stress-induced relapses are common, so it is best to take a slower approach.

5. Journaling

Journaling can be therapeutic if you have an interest in it. Documenting your time, experiences, etc., will create a record of your feelings each day. You can closely see your patterns through journal entries and discuss them with your therapist and specialist.

6. Interacting with Nature

Interacting with nature is another example of how you can control your post-recovery time. Nature is a natural healer, so being among the lush greenery and mountains can help you feel more relaxed.

Not all rehab facilities have such provisions, so always select the correct one. The more you take ownership and control of these factors, the smoother the recovery process.

Chapter 8: Former Patient Reviews

Few things are as reliable as the experience of others, especially when it comes to healthcare facilities. Sure, there will be a few odd instances of patients giving poor reviews because they *'felt entitled to more,'* but those are exceptions. They will stand out among hundreds of others, and you'll automatically know they don't represent most of the experience. Seems simple enough, right? Well... it is almost this simple.

Addiction or mental health recovery is serious, and you must put considerable time and effort into determining if your shortlisted option is the right fit for you. Following are some actions you can take when reviewing patient reviews to get the most accurate results:

1. Check Several Review Platforms

Firstly, always diversify your search instead of looking at reviews from a single source. Google has become our go-to avenue for all primary details, so we often don't look beyond it when looking for information about basic things.

However, that approach only works for products and services that won't significantly impact your health. Convenience goes out the window when your mental or physical health gets involved. Google is a good source for reviews, but you can also check out Facebook reviews, Yelp, Better Business Bureau, Yellowpages, etc.

Please review the comments on at least three platforms and see what former patients or their loved ones have said about a facility. Remember that this step is critical, especially considering how many fraudulent rehabs have opened up in the

past year to take undue advantage of someone in their most vulnerable state.

2. Do Not Disregard Negative Reviews Completely

I know I said that a few negative reviews among thousands of positive aren't representative, but you should still check them out. Your priority should be seeing which part of the service they reviewed negatively. If each talks about a different aspect, there are fewer chances of any major concern. However, you should consider investigating if all the negative reviews are about the same part of the service.

It may very well be nothing, but it's worth looking into. You can also take this opportunity to check for any other specific elements you want more information on and seek it by conversing with former patients or visits.

3. See How the Business has Responded.

A business with thousands of reviews is less likely to have responded to all comments, but they should have some engagement, especially with clients who left bad reviews. Responsible rehab managements always try to check why someone had a bad experience and get to the bottom of their ordeal. Some of the comments might be fake, but the rehab is responsible for investigating instead of assuming a claim is unfounded.

The most common responses to a negative review include an apology and a request for the disgruntled customer to reach out on a specified communication channel to help the facility get the details about their visit. It is the best approach because it keeps the matter, whether genuine or fake, away from the public, allowing both parties to resolve it privately.

The only times it is okay to call someone out publicly is when they are habitual liars and have made a habit of lying to put

pressure and get what they want. Even so, few rehabs will be outrightly rude to their audience.

4. Ask People You Know

Word of mouth from people you know and trust is a great way to gauge a good or bad product or service. The only problem is that not many people are forthcoming about their experience with rehab facilities due to the taboo around mental health and addiction. However, talking to someone who went to the facility or saw a loved one admitted can help you gauge the overall quality.

They will unlikely lie to you about how good the facility is, especially if they are part of your close social circle. I am not asking you to trust them blindly, but their words will hold a lot more weight than the words of a stranger.

5. Highlight Reviews About the Treatment you'll Get

Lastly, look for reviews talking about the specific treatment you or your loved one will get. There may not be too many of those, but even 10-20 recent reviews will be a good reference for how good the facility is for the specific condition.

You can also check specialists' qualifications to see if anyone has more experience in the area. Although it isn't a deal breaker, choosing a place with more experience in the area is always better.

That last point concludes my guide on how to choose a substance abuse or mental health rehab. Finding the right fit can determine how well your recovery process will go, so please use the steps highlighted in the book to make the right decision for yourself, your loved ones, and your community.

The world and your situation may seem bleak, but I promise you that there is a chance for a new life on the other side of this struggle. The journey wouldn't be easy – you'll face challenges and question your choices. However, the important thing is to keep persevering and pushing towards a sober life. Rebuilding will be a unique experience, but, I hope, it will be an experience you will cherish.

Best of luck!

THE END