

# Patient Guide

## Finding Addiction Treatment

### You are ready to make a change.

You have chosen to consider getting help for alcohol or drug use. This is an important step but it does not have to be complicated. Depending on the resources in your area, your options may feel overwhelming or limited. This guide can help you understand your options and support your path to recovery.

Addiction is a disease and can be challenging to manage. Each treatment program will be different and will work differently for people. If you have gone through treatment before but were unsatisfied, consider a different type of program. Remember, asking for help is a strength.

This guide includes information to help you make decisions about your recovery plan. Here are answers to some common questions patients have when considering treatment:

- Affording treatment is a common concern. Addiction treatment can be paid for by health insurance, Medicaid, Medicare, state funding, self-pay, and sometimes by special programs if you do not have money or insurance. Different addiction treatment programs take different types of payment; don't assume that you have to pay for it yourself.
- Treatment programs are required by law to protect your privacy.
- Treatment programs encourage you to have a job, and should work with you on scheduling.

## FIVE SIGNS OF QUALITY TREATMENT

### 1. Accreditation

Is the program licensed or certified by the state? Who staffs the program? Does the program ask for and offer feedback from people who have been through the program?

### 2. Medication

Does the program offer FDA approved medication for recovery? Currently, there are only FDA approved medications to support recovery from alcohol and opioid use disorders.

### 3. Evidence-Based Practices

Are the treatments proven to be effective? Can the program provide or link to medical care for your physical health?

### 4. Families

Does the program include family members in the treatment process?

### 5. Supports

What kind of long-term support does the program offer? Can they help with housing, employment, or other kinds of resources?

Five Signs of Quality Treatment taken from:  
Substance Abuse and Mental Health Services Administrator. (2018). *Finding Quality Treatment for Substance Use Disorders*. Retrieved from <https://store.samhsa.gov/product/Finding-Quality-Treatment-for-Substance-Use-Disorders/PEP18-TREATMENT-LOC>

## How to Get Into Treatment

Most people think that ‘rehab’ (overnight residential treatment) is the only option, but there are different types of programs and services. Most treatment is outpatient (like visiting your doctor). During the pre-screen and assessment process, the treatment provider will help you decide what type of treatment is best for you.

If you have insurance, contact them and ask what your coverage is. They might have a network of preferred providers that you can use at a discounted rate. If you do not have insurance, you may still be able to find treatment at little or no cost. Use the links provided below to begin the search for treatment in your area.

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### Treatment Locators

#### Substance Use and Mental Health Treatment Locator:

[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

1-800-662-HELP (4357)

1-800-487-4899 (TTY)

#### Alcohol Treatment Navigator:

[Alcoholtreatment.niaaa.nih.gov](http://Alcoholtreatment.niaaa.nih.gov)

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After considering your options, pick what works for you. Look at their websites and see if they have the five signs of quality treatment listed to the left. If you are currently in treatment for mental health, check if substance use disorder treatment is available.

Many programs fill up quickly and have waiting lists. This is why it’s important to call as soon as possible. Ask about openings and get on the waiting list. You can be on more than one waiting list at a time. If a program cannot see you within 48 hours, keep trying to find another provider. Many programs will even offer walk-in services.

If you are asked questions as part of a pre-screen when you call treatment programs, it’s important to answer them all to the best of your ability and be honest. The answers to those questions help ensure the best fit between you and a treatment program.

## Helpful Links

National Institute on Drug Abuse (NIDA) – Finding Treatment

<https://www.drugabuse.gov/related-topics/treatment>

National Institute on Drug Abuse (NIDA) – Seeking Drug Treatment: Know What To Ask

<https://www.drugabuse.gov/publications/seeking-drug-abuse-treatment-know-what-to-ask/introduction>

Substance Abuse and Mental Health Services Administration (SAMHSA) – Finding Quality Treatment for Substance Use Disorders

<https://store.samhsa.gov/product/Finding-Quality-Treatment-for-Substance-Use-Disorders/PEP18-TREATMENT-LOC>

National Center on Addiction and Substance Abuse – Guide to Finding Quality Addiction Treatment

<https://www.centeronaddiction.org/sites/default/files/files/Final-patient-guide-april-2016.pdf>

## Types of Treatment and Recovery Supports

### Detoxification

Detoxification (detox) is not treatment. Detox is usually 3 days but can last up to 5 days. Detox helps you safely manage withdrawal and prepare for a treatment program. There are two types of detox programs, but the programs will help you decide which type you need:

- Medically monitored detox: Occurs in a hospital or residential setting with 24/7 supervision and medications
- Social detox: Occurs in a residential setting with 24/7 supervision and support

### Outpatient or Residential/Inpatient Treatment

Regular outpatient treatment is 1-8 hours per week of group and/or individual counseling. Intensive outpatient is 8-20 hours per week.

Residential or inpatient treatment is overnight treatment for up to 28 days that includes group and individual counseling. Some programs are longer. The difference between residential and inpatient is that an inpatient program is in a hospital setting with doctors and nurses as staff.

## Treatment for Opioid Use Disorders

If you have an opioid use disorder (prescription opioids or heroin), the most effective treatment is a combination of medications and counseling. Medications are NOT substituting one drug for another. They relieve withdrawal and craving, allowing people to stay in recovery. The medications are methadone, buprenorphine (Suboxone), and naltrexone (Vivitrol, ReVia).

You can only get methadone at a certified Opioid Treatment Program – OPT (also called a Methadone Clinic). Buprenorphine and naltrexone can be prescribed by specially trained physicians, nurse practitioners, and physician assistants in medical offices, state-contracted treatment programs, or private clinics.



Screening, Brief Intervention, and Referral to Treatment for Substance Use

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