

# HOW TO CHOOSE THE MOST APPROPRIATE REHAB FOR YOU

ebook

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## INTRODUCTION

**Addiction** kills, ruins lives, tears families apart, destroys relationships and bankrupts. It is a **brain disease** that does all of these things, while telling the sufferer that everything is just fine.

It is more than a psychological or physical need for a substance. It becomes an all-encompassing obsession to use, over which the addict has very little to no control.

Every day without rehabilitation puts the addict in more danger and brings them closer to death. One never knows when the next drug purchase is the one that is tainted or which is going to cause the overdose. It is an unnecessary game with death, because recovery is possible.



With the assistance of an appropriate and comprehensive **treatment plan**, recovery is more than possible, it is highly likely.

Recovery is also a huge commitment. We trust that this e-book will give you and your loved ones the guidance you need to choose the best-fit rehab facility for the help that you require.



## MAKING THE CORRECT DECISION

Not all treatment centres are the same. They do not offer the same treatment options and they do not have the same facilities. Making the correct decision on which rehab centre will be the best for you, will enhance your chance of success and increase your opportunity to start a new way of life.

### KNOW WHAT YOU ARE SEEKING TREATMENT FOR

Honesty is one the most fundamental steps to recovery. It is of the utmost importance that the addict plays open cards on what they need treatment for.

Most people book themselves into rehab for **alcohol addiction** only. But close to 20% of clients in facilities are there for more than one addiction. Invariably it entails alcohol and one or more drug, but it can be any combination of substance abuse, accompanied with process addictions, as well as co-existing conditions.



It is highly recommended that clients are honest about other obsessive behaviours too, for instance eating or lack thereof, sex, gambling, gaming and self-harming. It serves no purpose being in a specialised drug rehab facility, while bulimia is the real problem.

Honesty from the outset will stand you in good stead in getting the correct diagnoses and thus finding the most appropriate treatment facility.



## AFFORDABILITY, MEDICAL INSURANCE AND PAYMENT PLANS

One of the biggest factors determining which rehab facility someone attends, is unfortunately the cost and affordability aspect. It should be the least of your worries, but it is a very necessary component of getting the process into action. Do not allow finances to derail the process, get it sorted in the beginning.

**Medical insurance** companies cover rehab to a larger or lesser extent. In some countries, medical aids, by law, cover 21 days of treatment. The value of those 21 days depends on the actual service provider and the option plan purchased. Check with your medical insurance what they will cover. Also request the facility you are thinking of using to get pre-authorisation from the medical company, to confirm what they will pay and what is covered by that payment.

Where there are remaining costs, ensure that you do have those funds available or make payment arrangements with the facility of how those costs will be covered. Many rehabs are willing to accept a deposit and negotiate payment terms for the rest.

Uncertainty about financial arrangements can cause the addict to defocus from treatment and not take the best advantage of the time they are there.

## IS TREATMENT NEEDED FOR MORE THAN ADDICTION?

Addiction has many associated problems, which range from underlying

reasons for substance abuse to issues that develop as a result of the abuse.

It is advisable to look for a facility that supports treatment for a **dual diagnosis**. Many addicts suffer from some form of mental illness, like depression and anxiety, which needs to be treated in addition to the addiction. Some addicts do not know about their mental frailties, as the substances could have either hid it or caused it. Addiction counsellors can uncover these symptoms and ensure that the appropriate treatment is given.

## DO YOU WANT SPIRITUAL OR RELIGIOUS TAKE ON YOUR TREATMENT?

Not everyone feels comfortable incorporating religion into their recovery. But ignoring religion in rehab is not as easy as it seems. A non-religious person hearing about God constantly, may tune out and have a less effective recovery.

The use of spirituality has been a very effective part of treatment since the early 1940s, when 12 step recovery programs for alcoholism became popular. It is still one of the most proclaimed forms of recovery and **underwrites spirituality, and not religion**. It urges the recovering addict to find a power greater than himself, which is of his own understanding.

For those who do not wish to have a spiritual component to their rehabilitation, secular rehab facilities do exist.

It is advisable to keep an open mind, but to figure out which type of treatment you prefer ahead of time.



## **ENSURE THAT THE COUNSELLING STAFF AT THE FACILITY ARE PROPERLY GOVERNMENT REGISTERED, ACCREDITED, LICENSED AND TRAINED**

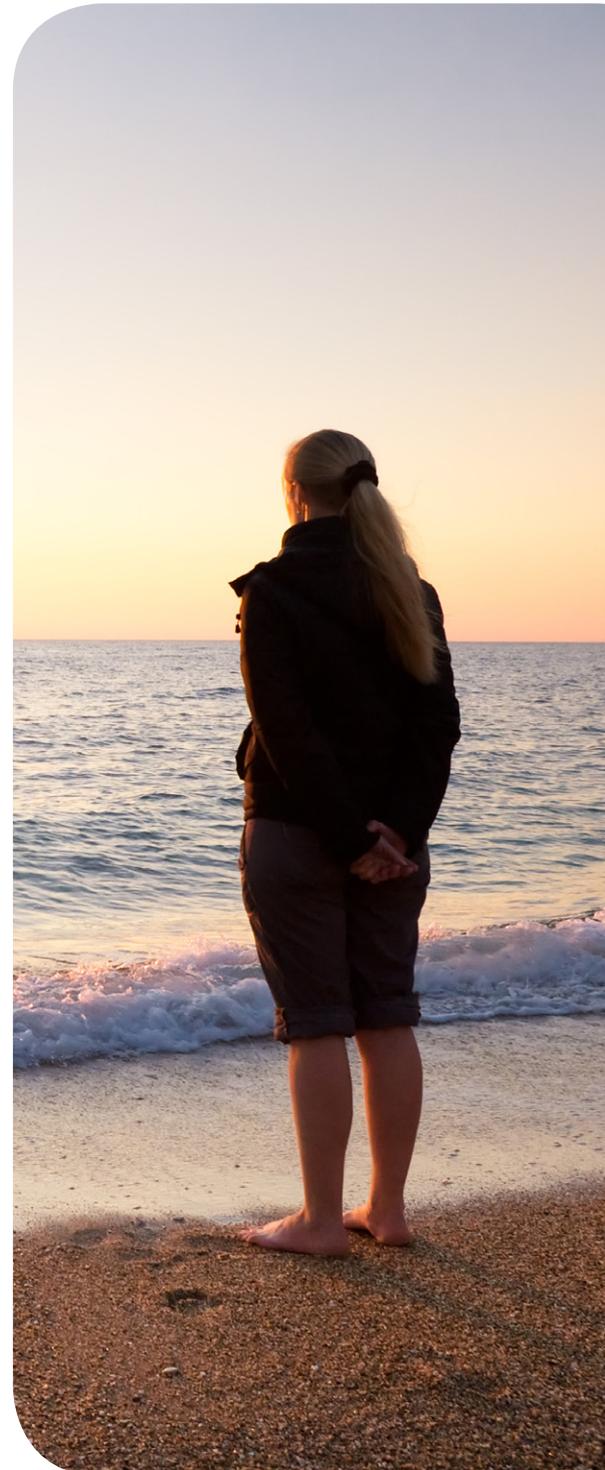
Check the facility's website and the governing bodies' websites to ensure that the rehab centre's counselling staff are reputable. Keep in mind that, although you will be checking the certification and accreditations, a lot of drug counsellors do not have the highest level of certification attainable.

Some counsellors at rehab centres are recovering addicts themselves and use their experience to help others. Counsellors, as a rule, are not in it for the money, their main aim is to facilitate the process of helping others to get better lives.

## **SEARCH FOR A COMPETENTLY RUN AND WELL MAINTAINED FACILITY**

Ensure that the basics you need are in place at the facility you are considering. Try to view the place and get a feel of it to see if you can be comfortable there. Search the internet to find reviews of the facility to make sure that it is run well and has a track record of success. Remember that **luxuries** cost extra.

Ask advice from people who have already been through this process or seek the assistance of a reputable agency to help you with this search. As each facility will put their best face forward when you enquire about attending, insight in what happens behind the scenes is helpful to give you



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peace of mind.

## **DETERMINE IF THE FACILITY OFFERS LONGER-TERM TREATMENT IF YOU NEED IT**

Recovery is, unlike as we see in movies, not just a 28 day commitment. It is a life-long journey that starts with an initial, or primary care period, consisting of between 21 days to 30 days.

In many cases, the physical and mental rehabilitation that takes place during treatment, require more than the primary care period to

transpire. Make sure that the facility you are considering, offer **long-term** inpatient care, for if you need it or feel that you are not ready to leave the facility.

Research has proven that the ideal length of stay, for maximum chance of success, is 90 days. Trust the process and consult with the therapeutic staff, your family and your community about your need for long-term treatment.

## **WHAT TREATMENT METHODS AND BEHAVIOURAL THERAPIES ARE USED?**

The best rehab centres incorporate a variety of **treatment methods** and behavioural therapies. Ensure that both individual and group therapy are included, as talking about their affliction teaches addicts a lot about their disease, both its origin and its

manifestation. Behavioural therapies, like art and exercise, can bring out some of the root causes and underlying issues related to the addiction.

The goal of rehab is to get clean. But, at its core, rehab is a place to shed addiction and all its negative associations. Treatment should focus on getting the addict clean, but the entire goal of rehab is to give the recovering person the necessary tools to avoid the temptations to use and drink. This will contribute to the person being able to reach individual goals in life and build on making their dreams come true.





They will become contributing members of society and learn how to live fulfilling lives.

Each individual responds differently to treatment, which means that they need to be approached in a unique way. Each person needs to have a treatment plan that is fully customised to their individual needs. This plan should also be modifiable as treatment progresses and certain methods receive a better response than others. Treatment is rarely a linear path and should not be treated as such.

Find out how the rehab you want to attend accommodate your individuality in their therapy. People come to rehab to change and the facility itself should be able to adapt along with their individual clients.

## Allow WeDoRecover.com to consult with you to assess your needs and then find the appropriate treatment facility for you

### CHECK THAT INDIVIDUAL TREATMENT SERVICES ARE AVAILABLE

It is important that rehab centres accommodate physical disabilities, age, **gender** and sexual orientation in their programs. They must ensure that their activities incorporate those less mobile or less inclined to strenuous activities and is accommodating and not isolating in nature.

Check that any physical ailments you may have can be dealt with and that you will feel included in the activities offered. It is advisable to check if they embrace individual characteristics, like sexual orientation.

### IF YOU NEED MEDICATION, MAKE SURE YOU HAVE ACCESS TO IT

Many addicts need to **detox** before they can start the recovery program. Ensure that your treatment facility is equipped to have you detoxed safely and medically supervised, with the necessary medication applied correctly. Once the initial withdrawals have passed, it is much easier to embrace recovery.

You may also be on prescription medication when you enter the facility or you may be put on medication while there. It is important that the centre you are in can facilitate your medication for you and ensure that it is administered safely and correctly.



## MAKE SURE THAT THE FAMILY GETS ASSISTANCE TOO

Addiction is a family disease, which means the whole family is influenced if they have an addict in their midst. The support that a rehab facility offers family and friends of the addict, can significantly enhance the addict's recovery program.

Look for a rehab that offers **family programs** and sessions where the family are taught about addiction, how to make healthy decisions for themselves and how to support the recovering addict. Family members should also be incorporated in some therapy sessions with a counsellor. This will help them to investigate the family dynamics, face some of their own issues and possibly unearth some additional causes of the addiction. It educates them in the process of rehabilitation and assists the family in setting boundaries for moving forward in a healthy fashion.

## LOOK FOR A FACILITY THAT OFFERS AFTER-REHAB SUPPORT

Treatment should not end when you leave the rehab facility. You should be enabled to enjoy ongoing support while re-integrating back into society. The idea is that you should have access to counsellors and other patients as and when you face challenges, but also on an ongoing basis just to keep your recovery strong.

Look for a facility that has a well organised and established **aftercare program** and which offers things like outpatient treatment and sober living facilities.

Be aware that relapse does happen. Addiction is a disease and the relapse rate is very much the same as for type-1 diabetes.

Treatment facilities should offer proper support to people who relapse, so that they do not continue slipping. Try to get a rehab centre that stays in contact with their former clients and offer assistance when they are struggling.

Some facilities offer things like free three-day relapse prevention stays, where



former patients can go back to the facility to keep themselves safe and get more counselling as support not to relapse.

This type of support is priceless. The inclusion of a relapse prevention program is a must when choosing a rehab.

## CONCLUSION

significant ways. Choosing the right facility for you can be really difficult and downright overwhelming.

Being alone and needing help is scary. Allow WeDoRecover.com to consult with you to assess your needs and then find the appropriate treatment facility for you.

Do not hesitate to contact us today on **082-747-3422** or **0800-955-4357** or visit us at **[www.wedorecover.com](http://www.wedorecover.com)**.