

WHAT TO ASK WHEN YOU ARE ENTERING TREATMENT



When you enter treatment for a substance use disorder (SUD, commonly known as addiction), you'll probably have some questions. This chart will help you think about the questions you may want to ask. Read through these questions and then visit FindHelpNowKY.org to find a treatment program that's right for you.

| Questions about the Treatment Program | |
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| How can I tell if a treatment program is good? | One way to tell is to ask if it's licensed or accredited. You can also ask if it offers services that meet your individual needs. For example, does the program consider religious beliefs or sexual orientation? |
| What kind of treatment options does the program offer? | There are many different treatment options, such as inpatient or outpatient treatment. Also, some programs offer medication to help with recovery from alcohol and opioid use. If you need treatment for alcohol or opioid use, ask if the program offers medication. |
| How long will my treatment last? | How long you'll be in treatment will vary based on your condition, so it's an important question to ask. |
| Does the program offer follow-up once I finish? | Some programs offer follow-up support after you leave. This can include outpatient counseling or peer support meetings. Follow-up helps with recovery. Be sure to ask if there's follow-up support and what kind. |
| If I have another illness, either mental or physical, will the program be able to work with me? | Some people who have an SUD also have mental or physical illnesses that need care. Make sure to tell the staff about all of your conditions and ask if they can provide all the care you need. If they can't, find another program. |
| Will I be able to drink coffee and/or smoke cigarettes while in treatment? | Some programs don't let you drink coffee or smoke cigarettes during your treatment. You should ask about these policies if drinking coffee or smoking is important to you. |
| Will my family and friends be able to visit me? | Programs have different rules about visitors. Some may allow a visit once a week or once a month. Some don't allow any visitors at all. If having people visit is important to you, you should ask about these rules. |
| Does the program include family members in the treatment process? | Some programs include family members in the treatment process and others do not. Ask yourself if you want your family members involved or not. Then ask if the program matches what you want. |
| Questions about Payment | |
| What does treatment cost? | The cost of treatment can vary. It's important to ask about cost up front. |
| What insurance does the treatment program take? | Some programs take only certain kinds of insurance. Be sure the insurance you have covers your treatment and the program accepts your insurance plan. |
| What if I don't have insurance? | There are different ways to handle payment if you don't have insurance. Ask what the program's payment options are. |
| Is there a payment plan or financial aid? | Some programs have plans for people who can't pay their whole bill right away. Some programs also might base cost of treatment on your income. People who earn less money might pay less than full price. Ask about financial aid and payment plans. |

NOTE: This guide is based on two documents: (1) Substance Abuse and Mental Health Service Administration, US Department of Health and Human Services. (2018). Finding quality treatment for substance use disorders. (2) Treatment Research Institute, Partnership for Drug-Free Kids. (2014). Questions to ask treatment programs.