



How to Find the Best Addiction Treatment Center

When you have decided you are ready to quit alcohol or drugs, it is important to find the right rehab center to help you build a solid foundation for recovery. Your chances for long-term sobriety significantly increase with the guidance of a team of addiction treatment experts, individualized care, and a supportive community. Here are some things to search for:

- **Accreditations** – Select a treatment center that has been evaluated by and meets the quality standards of recognized healthcare accrediting organizations such as The Joint Commission (TJC), the Commission on Accreditation of Rehabilitation Facilities (CARF) and American Society of Addiction Medicine (ASAM).
- **Licensed, Experienced Staff** - The quality of treatment is directly correlated to the quality of staff. Be sure to ask if counselors are licensed and what areas of expertise they hold certifications in.
- **Individualized, Holistic Treatment** – Each person is unique and requires different supports to heal. Look for a rehab center that offers a comprehensive range of services, from medical and psychiatric to clinical and wellness. The greater the therapeutic offerings, the greater the rehab center’s ability to customize a treatment program to address your specific needs.
- **Family Wellness** – Addiction is a family disease, so finding a rehab center that recognizes the importance of family involvement in the recovery process is critical. Quality treatment centers not only aim to help you heal fractured family relationships, they also provide programs and services to help your family members start healing too.
- **Aftercare and Alumni Support** – It takes time to learn and practice how to repair the damage caused by addiction and rebuild a healthy lifestyle. The best rehab centers work with you to create concrete aftercare support plans for you to continue making progress after each phase of treatment. They also have an active alumni community that regularly stays connected.
- **Continuum of Care** – It’s advantageous to find a rehab center that offers all levels of inpatient and outpatient programs—from detox, residential and extended-care, to outpatient services and recovery coaching. You can transition easily from one program to the next with treatment providers maintaining a consistent quality of care.

Cost is an important factor to consider when searching for treatment but it should not be a barrier. Call each treatment center to get a clear understanding of what your insurance may cover and what your out-of-pocket costs may be. Some facilities offer a sliding scale or payment plans tailored to your financial situation.

Finding a quality treatment program for yourself or a loved one doesn't have to be a difficult process. Mountainside provides a comprehensive and holistic approach to addiction treatment that focuses on healing for both the individual and the family. In fact, we have been named one of America's Best Addiction Treatment Centers by Newsweek. If you or a loved one is struggling with substances, please call (888) 833-4676 today to speak with one of our addiction treatment experts.