



Wish Recovery

luxury rehab & detox

12 QUESTIONS
TO ASK BEFORE
CHOOSING A DRUG
AND ALCOHOL
ADDICTION TREATMENT
CENTER

1. Is the facility certified or accredited?
2. What qualifications and licenses do the clinical personnel hold?
3. Will there be a multidisciplinary team created for my individualized care?
4. How many providers are there to the number of patients?
5. What evidence-based methods does the facility use?
6. Will they treat my co-occurring conditions or my dual diagnosis?
7. How much will it cost?
8. Does my insurance cover the treatments at the facility?
9. Do they provide medication-assisted therapy, such as medical detox?
10. Do they have specialized programs designed for groups that match my specific needs?
11. What kind of follow-up care will I receive?
12. What kind of reviews do they have on sites like Google, Yelp and Facebook?
11. Congratulations on taking your first step toward recovery!

In recent years, the drug and alcohol rehabilitation industry has been inundated with unethical marketing and deceptive tactics by profit-seeking "providers" of addiction treatment. It has left many people dissatisfied and discouraged about the best recovery center options available.

With so many options available, it isn't always easy to choose. So, what happens most of the time? People read a few excellent reviews, filter out facilities with the lowest cost, check themselves in somewhere, and then hope for the best.

Finding excellent addiction treatment isn't as simple as purchasing a new pair of headphones or a more comfortable mattress. You're not just getting a pleasant listening experience or a good night's sleep.

You are deciding how to meet your recovery needs best and improve the quality of your life without relying on substances.

This will necessarily require research, time, and expert guidance. So, here is a checklist of important factors to consider when deciding whether a treatment center is right for you or a loved one.

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**1. IS THE FACILITY
CERTIFIED OR
ACCREDITED?**

When looking for a drug treatment center, it's a good idea to check that the facility you choose is certified and accredited. A certified drug treatment center must show they have undergone a rigorous process to determine that they follow best practices and maintain high standards. This means that they will be following proper procedures to help you get on the road to recovery.

If a rehab center gets a ton of bad press, you should be wary of its ethics. Credible rehab centers are accredited by [the Commission on Accreditation of Rehabilitation Facilities](#) (CARF) or [the Joint Commission](#). They are non-profit organizations that attribute achievement to organizations for adhering to industry standards, and they validate the center's results, quality, and value.

Also, a third-party vendor called [LegitScript](#) provides certification to rehab facilities for program marketing on Google and Facebook. After a thorough verification process, only certified treatment institutions can advertise their services on these platforms. It's a customer safety measure.



2. WHAT QUALIFICATIONS AND LICENSES DO THE CLINICAL PERSONNEL HOLD?

While you may be focused on the programs and services offered, you should also consider the clinical staff's qualifications since you will be spending much time with them. It's critical that you trust these people enough to open up to them so they can provide the best care possible, so don't skimp on licensing.

Most certification boards ask for a bachelor's degree in behavioral health and one year of supervised experience before giving full clinical licenses to people who work with people.

A person's qualifications and licensing demonstrate whether they adhere to nationally recognized professional standards of practice while delivering drug and alcohol treatment programs and services. Clinical personnel who lack qualifications or accreditation may be unable to provide the best possible care. Addiction recovery specialists may hold one of the following certifications:

- Licensed Addiction Counselor (LADC)
- CCDP (Certified Co-occurring Disorders Counselor or Certified Dual Diagnosis Professional).
- CAC (Certified Addictions Counselor)
- Licensed Professional Counselor (LPC)



**3. WILL THERE BE A
MULTIDISCIPLINARY
TEAM CREATED FOR
MY INDIVIDUALIZED
CARE?**

Successful treatment for your needs may require a multidisciplinary team of professionals. This group of experts should be created specifically for your care, which is why it is critical to consider it. Assisting in your recovery is the primary goal of a facility with a multidisciplinary team. Treatment teams with a mix of specialists will increase your chances of success.

A multidisciplinary team addresses all aspects of addiction in the most successful inpatient drug and alcohol recovery programs. Therefore, all patients must receive a comprehensive and integrated treatment plan tailored to their individual needs. Each team member should hold a valid license in their field. One employee shouldn't wear too many hats.

An example of a well-rounded multidisciplinary team may look like this:

- **Addiction specialist**
- **Medical professionals and nurses**
- **Psychiatrist**
- **Psychotherapist**
- **Wellness advisor**
- **Nutritionist**



Wish Recovery understands the emphasis that must be placed on meeting each patient where they are.

When you receive treatment at our boutique rehabilitation center, you are greeted at the front door with your selected care team, a dedicated group of exceptional health professionals.

These women and men will go above and beyond the call of duty to ensure your treatment as an individual—attending to all your unique medical and psychiatric needs.

No person's recovery journey is the same.

We conduct a complete assessment of your condition to ensure we assemble the best team of doctors, nurses, psychiatrists, counselors, spiritual guides, coaches, and others that can provide you with warmhearted, expert, personalized care.





4. HOW MANY PROVIDERS ARE THERE TO THE NUMBER OF PATIENTS?

The [patient-to-staff ratio](#) is one of the most important things to examine before deciding which center is best for you. One way to measure this is by looking at how many patients each provider can tend to in a given timeframe. For example, a clinic with a lower patient-to-staff ratio will ensure that every patient has access to more than one professional throughout their treatment to receive the one-on-one care they need and deserve alongside any specialized supplements or medications.

Wish Recovery prides itself on its unprecedented 1:6 patient-to-staff ratio. We designed our beautiful boutique facility with the patient in mind. So we choose to pick our care reserved for a small group of patients who are serious about recovery. The closeness of our staff to each patient is part of an organic quality of care that comes from our dedication to excellent addiction treatment. We've raised the bar to an unparalleled level.

Many centers can give patients luxury, but few can have six providers available 24/7 to ensure they get the time, respect, and attention needed to heal. The intimacy of our private luxury rehab aids in a more effective treatment for each patient.

Wish Recovery prides itself on its 1:6 patient-to-staff ratio as part of its dedication to effective and compassionate care. For every person who stays for treatment at the luxury residential rehab, there are six providers available 24/7 to ensure they get the time, respect, and attention they need.



5. WHAT EVIDENCE-BASED METHODS DOES THE FACILITY USE?

Various centers use different treatment methods. Some offer holistic care to help people heal from the inside out. Some offer med-assisted therapy. Some may offer both. Other types of addiction treatment programs include faith-based programs that help people recover spiritually and trauma-informed programs that address the underlying causes of addiction. Some therapeutic methods work better than others, and not all treatments are evidence-based.

An addiction treatment program that uses evidence-based approaches is rooted in research and the best available data. These treatments have been thoroughly researched and proven to be the most effective for the most significant number of people with specific substance use disorders.

The most effective treatment programs use scientifically proven techniques. Evidence-based approaches include motivational interviewing, CBT, and medication-assisted treatment. A facility could offer patients a wide range of therapeutic modalities, from mindfulness-based therapy to experiential therapy to relapse prevention skills groups.



While ensuring a facility offers time-tested treatment methods, seeing if a recovery center offers supplemental or alternative treatment options can prove beneficial. For instance, an addiction treatment center that provides holistic care understands how recovery works best when a complete person is considered in treatment plans. When you see that a center focuses on addressing the needs that contribute to overall wellness, it can give you a decent idea of the level of care you can expect.

With more than two dozen [therapeutic procedures](#) and [supplemental treatments](#), Wish Recovery approaches addiction treatment as an evidence-based program with dynamic and valuable adjuncts of holistic practices that take therapy and professional caretaking to a transcendent level. We address the needs of your mind, body, and spirit, which will aid in attaining an integrally sustainable, long-term recovery.





**6. WILL THEY TREAT
MY CO-OCCURRING
CONDITIONS OR MY
DUAL DIAGNOSIS?**

Many people who have a substance use disorder also have a co-occurring mental health condition or [dual diagnosis](#), so choosing an addiction treatment center that can integrate treatments for both issues simultaneously is crucial to your recovery.

Mental health treatment addresses many of the root causes of addiction, but it also helps you better control your emotions, develop coping skills for managing stress, and improve interpersonal relationships.

Common mental health conditions that people with addiction also experience include but are not limited to:

- **PTSD**
- **depression**
- **generalized anxiety disorder.**
- **schizophrenia**
- **bipolar disorder**
- **eating disorders**

If an addiction treatment program doesn't offer mental health services, find out how these services are linked with those from other providers in the area.



7. HOW MUCH WILL IT COST?

It's important not to get caught up in the cost of rehab and make a hasty decision based solely on the estimated total cost. Yes, pricing information can help you narrow down your search for the best program for your needs, but it shouldn't be your primary consideration when making decisions and weighing your options.

[Addiction treatment costs](#) range from free to upwards of \$30,000 per month, with many options in between and beyond. A program's price is based on things like how long it is, how many times a day you have therapy, and how many different regimens you have.

The truth is that untreated or inadequately treated addiction costs you more than money. Destructive personal relationships, poor job performance, and substance abuse all have costs for your health and well-being, not to mention legal repercussions.

If you choose the wrong program, for example, because it is the cheapest and it does not work for you, you may be faced with an even more expensive option if you need additional help. However, it is just as important to choose a program based on your specific addiction and needs to base your decision on your budget.



**8. DOES MY
INSURANCE COVER
THE TREATMENTS
AT THE FACILITY?**

Another vital factor to consider when choosing a treatment center is whether or not your insurance covers it.

While the Affordable Care Act (ACA) covers addiction tests, detoxification, and treatment, you'll want to ensure that the rehab or counselor you select is in your insurance network.

Following that, you can either contact your insurance company to find out how much they will cover and how much you will have to pay out-of-pocket or ask the rehab program of your choice for a benefits check, which will come from your insurance company.

Wish Recovery accepts UnitedHealthcare, Aetna, Cigna, Blue Cross Blue Shield, and [many other insurances](#).





**9. DO THEY PROVIDE
MEDICATION-
ASSISTED THERAPY,
SUCH AS MEDICAL
DETOX?**

Medication-assisted therapy is a type of treatment that uses drugs to help manage the symptoms of withdrawal and reduce cravings so you can focus on other aspects of the treatment program, such as therapy sessions, group meetings, and other activities. This treatment option can range from nicotine patches to morphine.

While your hospital may provide pre-treatment medical detox, [in-patient medical detox](#) allows you to begin rehabilitation immediately. An alcohol or drug rehab center's medical staff should include nurses and doctors trained in helping ease the discomforts of detox. Keeping an eye on your physical health is vital to your recovery.





**10. DO THEY HAVE
SPECIALIZED
PROGRAMS
DESIGNED FOR
GROUPS THAT
MATCH MY SPECIFIC
NEEDS?**

When selecting an addiction treatment facility, one factor to consider is whether the facility offers specialized programs. A high-quality addiction treatment center does not have a one-size-fits-all approach to care. Top providers make sure each patient has a plan for success that is unique to them. This may include specialized rehab programs.

You may have specific recovery needs if you are part of a particular group, which could be that you are a millennial or a mature adult who doesn't want to be with others who are more than twice your age or half your age. You may need treatment options if you're a couple or if you want a gender-specific program.

Different groups are affected differently by their addictions, so it is essential to have a highly personalized program designed to meet those needs.

Take, for example, upper-level business professionals who must make critical decisions under duress. A treatment program tailored to executives could allow patients to be among other people in recovery who can relate more and may be pivotal in helping them achieve long-term recovery.

One of the premier specialized programs that Wish Recovery offers is its [First Responders program](#)—designed to address barriers to long-term recovery for this brave group of professionals.



**11. WHAT KIND OF
FOLLOW-UP CARE
WILL I RECEIVE?**

Addiction recovery requires a lot of therapy and support. To avoid relapsing, it's critical to have a support system in place after leaving rehabilitation. After treatment, many of the [best rehab centers offer aftercare](#) in the form of phone-based coaching, smartphone apps that help establish and deepen recovery, ongoing care groups, and connections to other resources and community support, to help people stay clean and sober.

Graduates of these programs often join support groups, meet with an advisor, or access reference materials the facility has developed, like ebooks or videos, that discuss essential information people sometimes need when recovery gets a little rocky and the going gets tough.

Since its opening, Wish Recovery remains continually grateful for having been instrumental in starting the recovery paths for so many women and men who now report back as living their best sober lives thanks to personalized care.

The luxury concierge boutique services are impactful and deepen the effectiveness of the therapies because they are personal.



**12. WHAT KIND OF
REVIEWS DO THEY
HAVE ON SITES LIKE
GOOGLE, YELP AND
FACEBOOK?**

Addiction treatment centers are like other businesses regarding first impressions, customer service, and user experiences, from halfway houses to luxury rehab.

They may receive positive or negative feedback. Read reviews on Google, Yelp, Facebook, and other consumer feedback sites to learn more about the facility.

Client reviews show how the staff and patients interact, the cleanliness of the meals, and the graduates' satisfaction with the program.

The goal is to use the reviews to illustrate an addiction center as completely as possible. Look for patterns in both positive and negative reviews.

Note any recurring concerns that a large number of people express. Consider the underlying reasons why a particular addiction treatment center has received a bad review.

Perhaps a person didn't achieve the desired results because they chose the wrong rehab or had unrealistic expectations. Ultimately, your research and the thoughts of former patients should lead to an objective and fair choice.



11. CONGRATULATIONS ON TAKING YOUR FIRST STEP TOWARD RECOVERY!

We appreciate you taking the time to learn about the factors to consider when choosing an addiction treatment center. These factors will not only help you select a treatment center that best suits your needs and goals but also increase your chances of recovery.

We at Wish Recovery are confident that our approach to addiction treatment will help you regain control of your life. Our program is designed to help you heal in the best way for you. [Contact us](#) today and let our admissions advisors answer all your questions.

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