

# Advice You Need: Finding the Best Substance Abuse Treatment Center

The statistics are there, and for every ten Americans, one of us is struggling with a drug or alcohol addiction. The stats are increasing year on year, so something needs to be done about it. Alongside this, it has been reported that nearly a quarter of Americans have grown up in a home with a parent experiencing alcohol abuse. If this sounds like you, then it is a must to think about rehab. If you're based in Indiana, then you need to get some advice on finding the best addiction treatment center. Here are some things that can help.

## Be Honest With Yourself About Recovery

It can sound like something that is a little counter-productive, but the first step is with you. You need to think about your life at the moment, as well as the goals that you have. If you think that your substance abuse is out of control, and impacting your life, then something needs to change. Is your substance abuse stopping you from doing what you want to do and reaching your goals? Answering this question and writing down how you feel can be a focus for your life. Being able to truly understand how addiction is impacting you and what role addiction has in your life, will help you to get on the path that you need to be on. Talk to a doctor, and see what they can recommend for [treatment centers](#).

## Search For A Good Fit For Your Addictions

There are a number of [addiction treatment centers](#) that you could choose from, all of which offer good quality services. You could have your doctor recommend somewhere, but you need to check that it will be a good fit for you first. Doing comparisons between facilities is a good idea. The things to compare and check are how long it has been running, and reviews or recommendations from someone other than a physician. When somewhere has been running for a while, then it is clear that they will have the know-how and expertise to help you. Look at who they employ and what experience the staff have. Check accreditations, as well as looking at the kind of treatments, policies, and amenities that they have. You have to see yourself staying there. Of course, cost can also be a factor for you.

## What Makes An Addiction Treatment Center Good?

There can be addiction treatment centers that are like luxury hotels, with a range of amenities. But they only help to make you more comfortable. Things like that can only go so far to helping you. Having some good amenities is important, but you need to think about who will be there with you, and what kind of policies do they have in place, as those will all impact your life there much more.


Another important point to note is that being expensive doesn't automatically mean that it is good. Some places just want to take your cash and not look after you properly. That being said, if somewhere is cheap, it could mean that some services aren't on offer, especially if they don't have any organisations sponsoring them. What you should be looking out for are the places that will truly help you, relapse or not, and those that will track your progressions. A [center insisting on discipline](#) is good, as well as those accepting insurance or good repayment schemes.

Making the decision to go to rehab can change your life, but having support from the right people is what will make the most difference. Involve others in your decision. If you want to talk more with us about what we offer, then get in touch with one of our team today.

addiction treatment center

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