

Guide: 10 Things To Look For In A Quality Drug Rehab Facility

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signifies that you have accepted you've got a problem with addiction and most importantly you're willing to do something about it.

Before entrusting your recovery journey to a drug addiction treatment center, you need to be sure that it's the best one for you. Here are 10 things to look for in a quality drug rehab facility:

Accreditation

This has to be one of the first things to check. The facility has to have accreditation from the Joint Commission or the Commission on Accreditation of Rehabilitation Facilities (CARF). This shows the rehab has undergone the strict process required to convince the accreditation body that they meet the standards needed to provide high-quality addiction care and treatment.

Accredited rehabs signal that they are committed to following certain procedures and treatment programs to help their clients so you can trust that they're legit.

Qualified professionals

In addition to being accredited, quality drug rehabs employ qualified professionals. Depending on the center, there may be several addiction treatment specialists as staff including counselors, therapists, psychiatrists, and doctors, among others.

These professionals should have the right backgrounds, experience, and qualifications to manage your addiction and help you in your treatment and recovery. That way, you can rest assured that you're in safe hands.

Individualized care

Addiction affects people differently. This is why there can't be a blanket treatment that works for everyone. For this reason, only choose rehabs that provide individualized care.

Before entering a treatment program, you should first go through a thorough initial assessment so they can know your situation, evaluate your individual needs and set some recovery goals. Your unique needs will determine the kind of treatment plan you'll be put on and the recovery goals will be used to assess your progress.

Different treatment programs.

A quality drug rehab facility will have different treatment programs and a system to help you transition from one to another. For instance, from the residential treatment you could step down to a [partial hospitalization program](#), then an [intensive outpatient](#) program, and lastly an outpatient program.

These programs should be evidence-based and scientifically sound with the rehab only using therapies that have the best outcomes for their clients. Some even take it a step further and provide experiential learning and adventure programs to ensure their clients get holistic treatment.

Medical care on site

Recovering from addiction often comes with a host of withdrawal symptoms, especially in the early days. Undergoing detox under medical supervision helps ensure that professional help is available to ease uncomfortable withdrawal symptoms and cravings.

Knowing that a medical professional is on hand puts your mind at ease. This also goes for the rest of the recovery process. Given that addiction is a disease, it would help to have a medical team at the treatment center to monitor clients as they go through different programs, or in case of a medical emergency.

Aftercare programs and ongoing support

Recovery from addiction is a process and it doesn't end when you leave the drug rehab. You'll still need support to successfully transition back into the community.

A quality rehab will have a robust aftercare program to help with this, either by linking clients to support groups such as Alcoholics Anonymous, providing sober living homes, or by simply enrolling clients in [outpatient treatment programs](#) after residential treatment.

A conducive environment

The right environment is crucial when going into rehab. For the best outcome, those in recovery require a peaceful environment that's free from temptations and distractions.

This helps them concentrate on their treatment and recovery without worrying about relapse or the negative environment that led them there. Drug rehabs also need to have a schedule that clients can follow every day to give them stability and discipline and to complement their treatment.

The right amenities

Drug addiction treatment centers run the gamut from luxury rehabs to those that are more basic. Choosing one with the right amenities comes down to your preferences.

Think about whether you prefer the luxurious accommodation and amenities offered in luxury rehabs including gyms, saunas, etc., or if you'd be content with a simple setup with a daily routine. Keep in mind that luxury rehabs often cost more so, be sure that this also suits your budget.

Teaches life skills

By its nature, addiction is destructive. When you are battling addiction, your focus is always on the next high and other aspects of your life just don't seem as important. As a result, those dealing with addiction often end up damaging close relationships, losing their jobs, and being in financial difficulties.

The right rehab facility takes this into account and teaches clients life skills along with providing therapy. These skills include financial literacy, job searching skills, relapse prevention, and communication skills among others. Some even offer vocational training to ensure individuals who leave rehab can manage their lives responsibly.

Has a good reputation and success rate

Quality drug rehab should have a good reputation and success rate. While relapse is inevitable, a high rate of relapse from former clients should raise questions and signal that maybe their treatment programs and methods aren't that effective.

To get an idea of the facility's reputation, you can ask for testimonials from former clients or even check their reviews online. This will clue you in on how the center is run, how they treat their clients, and whether it's worth attending.

Beating addiction is challenging but with help from the right drug rehab facility, it's possible. [Evolve Indy](#) has built a name for itself as a premier drug addiction treatment facility in Indiana.

We've helped hundreds of clients to rebuild their lives free from addiction and can do the same for you. Get in touch with us today to learn more about our treatment programs and how we can help you.

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