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

How to Choose the Best Inpatient Drug and Alcohol Addiction Treatment Center

Is the facility licensed, accredited, and certified?

What qualifications and licenses do the clinical personnel hold?

Will there be a multidisciplinary team created for my individualized care?

How many providers are there to the number of patients?

What evidence-based methods does the facility use?

Will they treat my co-occurring conditions or my dual diagnosis?

How do I find out if my insurance covers the treatments I need?

Do they provide medication-assisted therapy, such as medical detox?

Do they have specialized programs designed for groups that match my specific needs?

What kind of follow-up care will I receive?

What kind of reviews do they have on sites like Google, Yelp and Facebook?

HOW TO CHOOSE THE BEST INPATIENT DRUG AND ALCOHOL ADDICTION TREATMENT CENTER

With various substance abuse treatment options available, how do you choose the best rehab? It isn't always easy to select. So, what happens most of the time? People read a few reviews, filter out facilities with the lowest cost, check themselves in somewhere, and then hope for the best.

We would like you to come to Wish Recovery. However, there are times when we are at total capacity. We hope you will use this guide to understand better the quality of care you deserve and how to navigate the search for the best inpatient drug and alcohol treatment center.

Finding excellent addiction treatment is complex. You are deciding how to meet your recovery needs best and improve your life's quality of life without relying on substances. This will necessarily require 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.

9460 Wish Ave Northridge, CA, 91325
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IS THE FACILITY LICENSED, ACCREDITED, AND CERTIFIED?

LICENSING:

Each state must license all substance abuse inpatient treatment centers to which they offer services. Most states require licensed drug and alcohol treatment centers to put on their websites the state licensing bureau logo, license number, and a link to the licensing bureau website. Typically, you will find this at the bottom of treatment center websites.

There are various unlicensed treatment providers. Besides the absence of the state licensing credentials on their website, they most likely do not accept insurance. Insurance companies only pay for inpatient drug and alcohol treatment if the state licenses the facility.

NEED HELP CHOOSING A TREATMENT CENTER CALL NOW FOR A NO-COST CONFIDENTIAL TREATMENT CONSULTATION

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WISH RECOVERY IS A LICENSED TREATMENT CENTER BY DHCS

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ACCREDITATION:

When looking for a drug treatment center, it's a good idea to check that your chosen facility is accredited. An accredited drug and alcohol 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.

The gold standard of healthcare accreditation for hospitals and substance abuse treatment centers is the Joint Commission. Founded in 1951, The Joint Commission is the nation's oldest and largest standards-setting and accrediting body in health care. As an independent, not-for-profit organization, The Joint Commission seeks to continuously improve health care for the public, in collaboration with other stakeholders, by evaluating healthcare organizations and inspiring them to excel in providing safe and effective care of the highest quality and value.

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.

WISH RECOVERY IS A JACHO ACCREDITED SUBSTANCE ABUSE AND MENTAL HEALTH TREATMENT CENTER.

CERTIFICATION:

In 2018, Google, Microsoft, and Facebook halted advertising of all addiction treatment services. They had found deceptive advertising on their platforms by unregulated treatment marketers. They formed a partnership with a third-party vendor called **LegitScript**. Treatment centers were then required to go through a thorough vetting with LegitScript. After a rigorous verification process, only certified treatment institutions can advertise their services on these platforms. It's a customer safety measure.

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)

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 by 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 who can provide warmhearted, expert, personalized care.

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WISH RECOVERY IS A LICENSED, ACCREDITED, AND CERTIFIED SUBSTANCE ABUSE TREATMENT CENTER. OUR HIGHLY CREDENTIALED MULTIDISCIPLINARY TEAM WILL PROVIDE INDIVIDUALIZED CARE CURATED TO YOUR SPECIFIC NEEDS.

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HOW MANY PROVIDERS ARE THERE TO THE NUMBER OF PATIENTS?

The **staff-to-patient ratio** is one of the most important things to examine before deciding which center is best for you. For example, a treatment center with a higher staff-to-patient ratio will ensure that every patient has access to multiple professionals throughout their treatment to receive the one-on-one care they need and deserve alongside any specialized supplements or medications.

Wish Recovery is committed to providing highly personalized care, supported by a dedicated and attentive clinical team. 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 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 offer luxury, but what truly sets Wish Recovery apart is its commitment to providing continuous, attentive care that supports each patient's healing journey. The intimacy of our private luxury rehab aids in a more effective treatment for each patient.

WHAT EVIDENCE-BASED METHODS DOES THE FACILITY USE?

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 many 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 various 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.*

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

Many people who abuse substances do so because they self-medicate an undiagnosed or untreated mental health condition. This is known as a co-occurring mental health condition or **dual diagnosis**. When choosing an addiction treatment center, they must integrate treatments for mental health issues simultaneously with substance abuse treatment. This 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.
- Bipolar disorder
- Eating disorders

If an addiction treatment facility you are considering doesn't offer mental health services, find a treatment center that does.

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HOW DO I FIND OUT IF MY INSURANCE COVERS THE TREATMENTS I NEED?

Deductible

A deductible is the amount you may need to pay for covered healthcare services before your insurance begins contributing to costs. Depending on your plan, some services may be covered before the deductible is met.

Cost Sharing

After your deductible is satisfied, your insurance may cover a portion of your treatment costs. The amount covered varies by plan and provider network, and you may still be responsible for a percentage of the cost.

Out-of-Pocket Maximum

Most health insurance plans include an out-of-pocket maximum, which limits the amount you pay for covered healthcare services during a plan year. Once this limit is reached, your insurance generally covers eligible expenses for the remainder of the year.

Because coverage details can vary significantly, the best way to understand your benefits is to verify your insurance with the treatment center. Their admissions team can review your policy, explain your coverage, and help you understand any potential costs before treatment begins.

TAKE OUT THE GUESSWORK OF INSURANCE COVERAGE AND COST

CALL WISH RECOVERY NOW FOR A FREE,
NO - OBLIGATION INSURANCE VERIFICATION

IT ONLY TAKES A FEW MINUTES IN MOST CASES.

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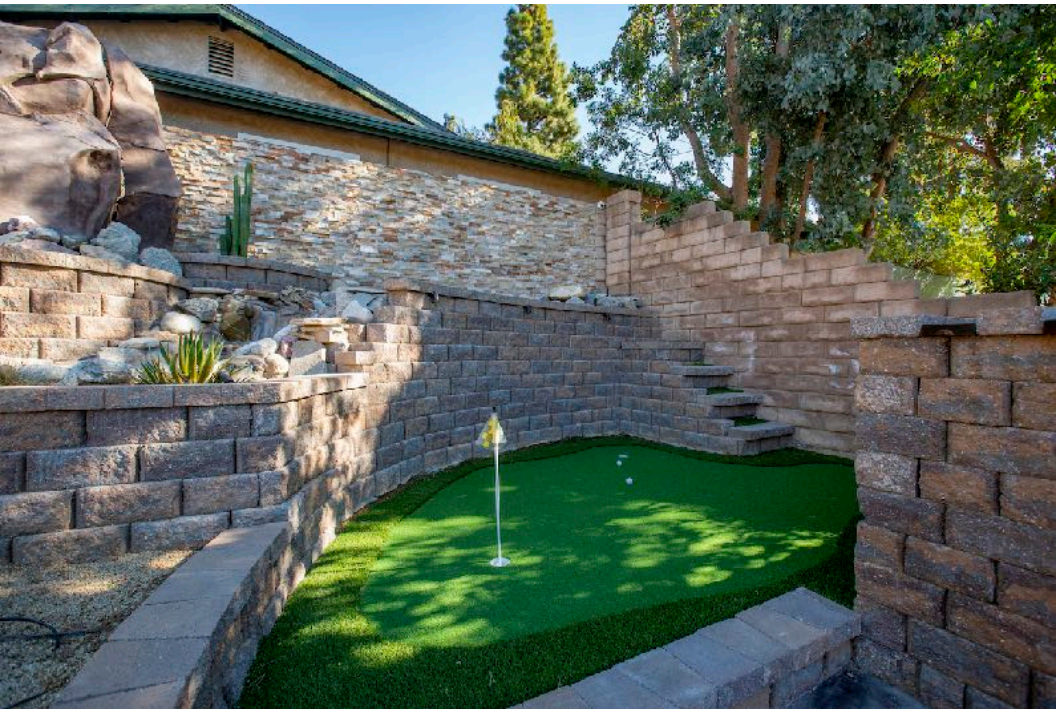
Wish Recovery accepts UnitedHealthcare, Aetna, Cigna, Blue Cross Blue Shield, and many other insurances. Click here to enter your insurance information for a no-obligation verification.

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

Medication-assisted therapy uses drugs to help manage withdrawal symptoms and reduce cravings so that you can focus on other aspects of the treatment program, such as therapy sessions, group meetings, and other activities. In substance abuse treatment, you should be prescribed various medications to make withdrawal as safe and comfortable as possible.

While hospitals may provide medical detox, going to an 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.



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 has a variety of approaches to care. Top providers make sure each patient has a plan for success that is unique to them. This may include specialized rehab programs.

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 others in recovery who can relate more and may be pivotal in helping them achieve long-term recovery.

CAN I GET MORE THAN 30 DAYS TREATMENT?

When choosing the best rehab, you will want to see that they offer multiple levels of care. A typical stay at an inpatient treatment center is approximately 30 days. This level of care is known as detox and residential treatment. A well-rounded substance abuse treatment center will offer care beyond 30 days.

After graduating from residential treatment, you should have the option of extending treatment by 30 to 60 days or more. This extended care is known as PHP (partial hospitalization) and IOP (intensive outpatient). Don't let those names scare you. PHP is where you get treatment Monday through Friday from 9 AM to 5 PM at a clinical outpatient office. IOP is still five days a week from 9 AM to 1 PM. A first-quality treatment center will offer these services and a sober living environment for you to stay in while receiving extended care.

WISH RECOVERY OFFERS 30, 60,90 DAY AND LONGER PROGRAMS
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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.

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.

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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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