

# **A Checklist for Choosing a Rehab Program plus a Bonus Checklist for What You Should Take When you Enter a Program.**



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Handy Checklists That You Might Find Useful!

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## CHECKLIST FOR CHOOSING A REHAB PROGRAM

There are a great many options and choices when it comes to picking the right provider for your treatment. Understanding the options can make a huge impact on the success of your treatment program and your recovery.

Here are some of the main considerations when selecting a rehab program:

### **Type**

Should you choose Inpatient, Outpatient, or a combination of both?

Serious addictions are best treated in an inpatient setting. Don't underestimate the problem. Get a telephone consultation or even a residential evaluation before deciding.

The main benefit of a residential rehabilitation program is it allows patients to focus exclusively on their addiction issues without the distractions of everyday life.

It's pretty common for people to continue with outpatient services after they've completed a program at an inpatient residential rehab center.

### **Location**

Will you be close to home and somewhat accessible?

The benefits of having the facility close are that the family can visit and offer support and encouragement. That's a biggie! Also, they will be able to attend the family counseling that the program might offer.

What is the right distance for you? It might be close enough for weekend visits but far enough away to resist the temptation of leaving. It might be important to you but don't let proximity be the main thing.

## **Term**

Short term or long-term?

Longer-term treatment is better. There isn't a specific time that works best for everyone. A short-term inpatient program might only be a few days. Long-term programs are anything over a 30-day period. Some Centers are starting to make 6 – 8 weeks a standard length with options for extended weeks or months. Some programs with wide levels of care can last over a year.

The length of time is definitely something you will need to consider when selecting a program.

## **Availability and Cost**

Jump at the first availability or wait for the right place?

Sometimes the Center you choose might not be immediately available and they could have a waiting list. You might have to wait so the better option might be to look for alternatives.

Payment issues are common. It could be that your insurance policy has no available benefits and you don't like the Center's options. Do you search for something that accepts a cash payment and still be affordable?

These are some of the things that an intake counselor or locator service can help you with.

## **Types of Therapy**

The most important factor when choosing a rehab center is the types of treatments and therapies they offer.

Review the therapy modalities we gave you [Here \(link\)](#) and make your list as advised. Search for a Center that offers your choices in treatment, plus a wide variety of services. See the list we provided.

## **After Treatment Care**

What happens after you complete treatment is just as important to recovery as any other factor. Aftercare support is necessary and extremely vital.

It's so easy to go back to wherever you live and find that nothing else has changed. You can quickly fall back into old routines and habits and a relapse is all but inevitable. Treatment centers with strong aftercare help in making the transition into your new life after care.

### **In closing:**

It's very useful to have a checklist and know what you are seeking in a treatment Center, but it's always best to actually visit the treatment facility so you can actually see the facility, meet some of the staff, and decide if this Center meets your criteria. The best addiction treatment centers will always be open to scheduling your visit, provide a personal tour, and answer all of your questions.

**Note: See our bonus checklist below to find out what to bring with you to rehab**

## Bonus Checklist:

# What You'll Need to Bring When You Go To a Recovery and Treatment Center

Are you getting ready to move into your Treatment Center? Here's a short checklist to get everything you'll need to bring, plus things that you probably won't be allowed to bring.

### **Identification and other documents**

You will need an ID and that could be just a driver's license. You should have your credit or debit cards in case you need to buy something. Bring other necessary documents and cards like prescriptions and insurance papers.

### **Clothes**

Your treatment Center will most likely give you some guidelines but the most important thing is to be comfortable. Bring clothes and shoes that you feel good wearing and that you can relax in.

Depending on your length of stay you should bring enough changes of clothes so you are not wearing the same thing every day. The Center will have washers and dryers so you can keep your clothes clean. Bring your PJ's, (pajamas) some shower shoes or house shoes, and maybe at least one more formal outfit for special occasions.

Leave your jewelry and valuables ... anything you don't want to lose at home. You never know how safe your stuff might be... please don't take chances.

### **Bathroom Stuff**

All you should really need is the basic stuff that you use to keep clean. Bring your toothbrush and toothpaste, soap and shampoo but don't worry about cosmetics too much.

## **Medicine**

OK, here is a ticklish subject... what medicines should you bring?

First, if you bring prescription medicine it needs to be in the original container with the proper label. Remember, this is a treatment center so you will probably have to surrender your meds when you check in and they will be administered by the staff as required.

You won't be allowed to keep things like over the counter drugs. Don't bring cough syrup, mouthwash, or any liquid that contains alcohol. Don't bring painkillers or sleep aids. Let the staff help you if you need something. It will be part of your treatment to control those kinds of substances.

## **Communication**

You might want to make calls home, to friends, or to your work. You should have your contact information and a way to make calls. Ask your Center about cell phones and usage. You may be required to use a 'house phone' and calling card for charges. Get the details ahead of time.

You may suddenly find that instead of phone calls you will like to write letters and postcards. It's a methodical and rather peaceful process and less rushed. It's nice to collect your thoughts and be able to write them. Bring supplies with you including postage.

## **Relaxation**

Bring things that you like to do during downtime to relax; things like sewing, sketching, or photography. Bring your music and a CD player. If you like to read the Center will have a lot of reading material but you can bring your own.

Don't be surprised if they want to review what you bring and restrict its use. This is a treatment center!

## **What not to bring**

Treatment and rehabilitation are all about getting better and there will be some restrictions regarding what is allowed and what is not. Talk to your Center about their rules... they vary from place to place. Some things are OK at home but can be distracting and disturbing in a treatment setting.

## These are things you can expect to be restricted:

**Drugs and alcohol.** Not going to happen!

**Games and Playing Cards.** The Center will provide plenty of games and sporting equipment for designated downtime.

**Liquids that contain alcohol.** Don't even think of bringing cosmetics or anything with alcohol like mouthwash, nail polish or remover.

**Weapons or dangerous sharp items like scissors.**

**Electronics.** Like cell phones, TVs, video games, DVD players, etc. Verify ahead of time what you can bring. Cell phones might be allowed but restricted in use.

**Pornographic material of any kind is a no-no.**

**Food and drinks.** Diets will be controlled and outside food and drinks will be restricted

## What you might be able to bring:

Every Rehabilitation Center has its own rules and regulations and what may be allowed in one might not be acceptable in another. Check ahead of time to be sure. Here are some things that might be accepted but you should verify ahead of time:

**Computers and cell phones:** Centers may ban or restrict personal computers and cell phones. Or, they might allow them but restrict their use.

**Smoking:** Some centers will allow you to smoke but will only allow it in certain places at designated times.

**Your Teddy Bear:** If you need to feel the comfort of home you may be able to bring a pillow or blanket... and maybe your stuffed animal.

**CD player or mp3**

## Don't just disappear!

Many treatment centers won't allow phone calls for a few days or until you show some signs of stability and so make sure everyone knows where you are and are not filing missing person reports.

And lastly, you will go for a while and leave everything behind. You should have someone you trust to pick up your mail, check your house or apartment, and in general keep an eye on things for you.

**Good Luck and Best Wishes For Your Successful Treatment and Recovery!**

