

## 8 Essential Questions to Ask Treatment Providers

**When can we get an appointment?** *Quick access to treatment can be very important because your child's willingness to attend can be fleeting.*

**What is the cost of the program/ do you take insurance/ do you have financial aid or sliding pay scales?** *Addiction treatment can be expensive, particularly residential treatment.*

**Do you offer customized treatment for \_\_\_\_\_ (fill in age/ gender/ other characteristics)?** *A treatment program that includes others like your child is more effective for your child.*

**What therapies do you use to treat patients?** *Cognitive Behavioral Therapy, Contingency Management Therapy, Motivational Interviewing, and Family Therapy are evidence-based treatment protocols and an indicator of the quality and rigor of the treatment provider.*

**Do you offer Medically Assisted Treatment (MAT) for opioids/other substances?** *Even if your child does not use opioids, this question signals whether the treatment provider utilizes the latest scientifically effective treatment protocols.*

**Do you provide mental health care or are you closely connected with mental health services?** *Close to 75% of those needing substance use treatment need mental health monitoring or care (Story 4) – another important service that signifies competence.*

**Do you provide family support and counseling?** *As you now know, parents and families are very important to the recovery process and they need guidance.*

**Do you design an aftercare program for the patients?** *As shown in Story 5, recovery is a process and long-term recovery typically requires ongoing support after the initial treatment services. An aftercare plan is essential.*