QUESTIONS TO ASK BEFORE CHOOSING A TREATMENT CENTER

1. WHAT IS THE LENGTH OF YOUR PROGRAM?

This is the most essential piece of information to learn as you investigate treatment options. Current research is clear: For treatment to have the greatest chance of success, an addicted individual needs at least three months (and preferably longer) in a focused, whole-body recovery program.

Many programs cap a client’s stay at 14, 21 or 28 days. Please take the time you need – or to help your loved one take the time – to invest in a long-term course of treatment.

Why? Drugs and alcohol assault and change the brain. Even after the substance(s) are no longer present, there is a long adjustment period for the brain and body to stop sending intense craving signals. Relapse is prevalent in short-term programs, not necessarily because the programs are bad but because addiction is so devastating.

Addiction is always accompanied by emotional and spiritual scars. We don’t believe complete recovery is possible without addressing the issues that caused the addiction in the first place; this is what we call Soul-Centered Treatment™.

The average length of stay at Desert Rose is about 90 days, and many of our clients stay with us for a year or longer. We take the time to know and love every person who walks through our door. You should not accept less.

2. HOW LARGE IS YOUR PROGRAM?

We know there are excellent large programs (more than 100 clients), excellent mid-sized programs (40-100 clients), and excellent small programs. The smaller the program, the more likely it is that you/your loved one will receive personal attention and an individually tailored treatment plan.

At smaller centers, clients develop relationships with the staff and with others at different points in their recovery journeys. If it’s important to you to be more than a number, opt for a smaller program.

Desert Rose’s “20-20 Vision” means that we will never have more than 20 people in either our men’s or women’s program. Getting to know each person is essential to us, because the better we know someone, the more completely we can address their deep physical, emotional and spiritual needs.

Call or visit any time.
844.337.7673
DesertRoseRecovery.com
WHAT ARE THE HOUSING OPTIONS?
You cannot recover unless you feel safe. You cannot feel safe if your recovery residence is not clean, well-managed, and secure. When you’re considering a program, make sure you’re clear on all of the elements that go along with housing:

- Where the recovering individuals live.
- Who owns the home or facility.
- Whether there is on-site staff at all hours.
- Supervision, and how much independence is allowed.
- What kind of neighborhood the home is in.
- Policy on visitors.
- Whether the home is in good repair.
- Availability of transportation to/from the treatment center.
- Employment opportunities nearby.

Desert Rose manages its own homes. It’s simply too important a part of the process to trust to anyone else’s care.

DOES MY INSURANCE PLAN COVER TREATMENT?
Any program you consider should review your insurance promptly to determine your level of coverage, and should have a policy to accommodate self-pay. When you are discussing payment, be sure you get the impression that the program has your best interest – and not just their bottom line – at heart. Many short-term programs rely on filling beds, and must meet a quota each month just to stay in business. You don’t want to be just a number.

You’re welcome to phone or visit Desert Rose for a 100% private, completely confidential insurance review. We will examine your coverage, outline your options, and help estimate your out-of-pocket expenses, whether your insurance will cover the cost or whether you will be paying privately.

It’s our desire to find the best program for each person. We have strong relationships with other reputable programs we know and trust, and we’ll do everything we can to find you the right fit, whether it’s here at Desert Rose or elsewhere.

WHAT THERAPIES AND TREATMENT METHODS DOES YOUR PROGRAM INCLUDE?
This is a critical question, because you want a program that invests in every client’s future. Not every individual will respond to every mode of treatment. The wider the scope of the treatment options, the greater the chance at successful recovery.

More and more, research is able to show us the best practices for guiding people through treatment for substance-abuse disorder. This involves far more than a traditional 12-step program, although 12-step programs can still be incorporated into the curriculum. Evidence-based clinical practices have been subjected to scientific study and shown to have meaningful outcomes.

A sound program will offer therapeutic options that address not only the addiction, but physical and emotional elements of the disease as well as any co-occurring disorders. This is crucial, as many people who suffer from addiction have other mental or physiological illnesses.

Solid programs offer some combination of the following:

- Individual counseling
- Group counseling
- Family counseling
- Life skills
- Relapse prevention
- Grief counseling
- Trauma counseling
- Music therapy
- Art therapy
- Adventure therapy
- Self-esteem workshops
- Nutrition classes
- Movement therapy
- Acupuncture
- Meditation
- Chiropractic care
- Fitness
- Spirituality discussions

Desert Rose gives its clients access to all of the treatment modalities listed above. Soul-Centered Treatment™ is about healing the whole person. We believe that substance abuse often is a symptom of far deeper hurts, and so we work diligently to help our clients discover and address the root causes that led to the addictive behavior. Together with each client, our clinical and medical professionals design individualized programs meant to heal body, mind and spirit.

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WHAT ARE THE STAFF MEMBERS’ QUALIFICATIONS?

Be sure to fully investigate the staff’s credentials. A reputable program will have a seasoned clinical staff with many years’ experience in substance abuse disorders and best recovery practices. Please make sure the program’s clinical staff is made up of dedicated professionals who have made addiction treatment their life’s work.

Desert Rose’s clinical team, led by our clinical director and medical director, has years of experience in the addiction and behavioral health field. Our program also includes a clinical psychologist, several psychotherapists, a grief counselor, and a team of recovery support specialists.

IS YOUR PROGRAM ACCREDITED?

It’s easy to miss this: *Being licensed to operate a recovery center does not mean a program has earned accreditation.*

In the healthcare industry, consider only programs that are accredited by a nationally recognized agency. The Joint Commission and CARF are the two most widely known. Both are independent, non-profit organizations focused on assuring quality of services and recognizing a commitment to meeting a high level of care.

Desert Rose is accredited by The Joint Commission; for programs like ours, this is the gold standard. Desert Rose earned The Joint Commission’s Golden Seal of Approval in its first year of operation, demonstrating our commitment to being listed among the most well-regarded treatment centers in the nation. We are licensed through the Florida Department of Children & Families, and we are dedicated to exceptional care.

IS YOUR PROGRAM GENDER-SPECIFIC?

It’s important to ask, because many programs mix men and women in group counseling and other therapeutic settings. We believe in the power and wisdom of gender-specific programming, which provides safety, security, and structure with a minimum of distractions.

Women, in particular, often need to address not only addiction, but body image, sexual abuse, eating disorders, and abortion. In order to heal fully, a woman needs to feel safe to share her own personal, intimate story and to discover her own beauty.

From its inception, Desert Rose has offered separate programs for men and women, with no overlap. The two outpatient programs are housed in separate buildings on our campus. We want plenty of distance between our men and our women – that leaves space for the healing to happen.
WHAT MAKES YOUR PROGRAM DIFFERENT FROM ALL THE OTHERS?

Listen to your gut when you ask this question. Actually, it's more of a series of questions, and this is where you separate the sincere from the sales pitch. You're looking for something intangible, a sense of peace that a program is a safe, healthy place and a good fit.

- If you're a believer, ask whether the program is founded on faith.
- If you care about personal connections and individual attention, ask about the staff-to-client ratio.
- If you'd like to know more about what life in a program is truly like, ask to speak to a graduate.

What makes Desert Rose different? People come and people go home, but once someone is here, they are forever part of the Desert Rose family. We see the value in every single person who walks through our doors. Whether you graduate and stay clean and sober, or you're still struggling, we love you for life.

WHAT HAPPENS AT THE END OF TREATMENT?

For many people in treatment, walking out the door is just as scary as walking in. They tell us it's challenging enough to stay clean and sober while surrounded by the support systems that are built into a solid treatment program. They worry about what will happen when they return to the temptations and stresses of the "real world."

We have the same concerns, so we are pioneering a long-term Aftercare Program that matches each graduate with a mentor. Through weekly (or as-needed) FaceTime meetings, the mentor serves as a sounding board, helps with life skills, and provides accountability and support. No one ever truly leaves the Desert Rose family.

We highly recommend investigating what kind of follow-up is available after treatment ends. Addiction is a powerful disease, and the risk of relapse can be high (especially with shorter programs). Make sure you have a plan, whether it's a formal program offered by your treatment facility or you put your own system in place by diligent attendance at 12-step meetings and other healthy activities.