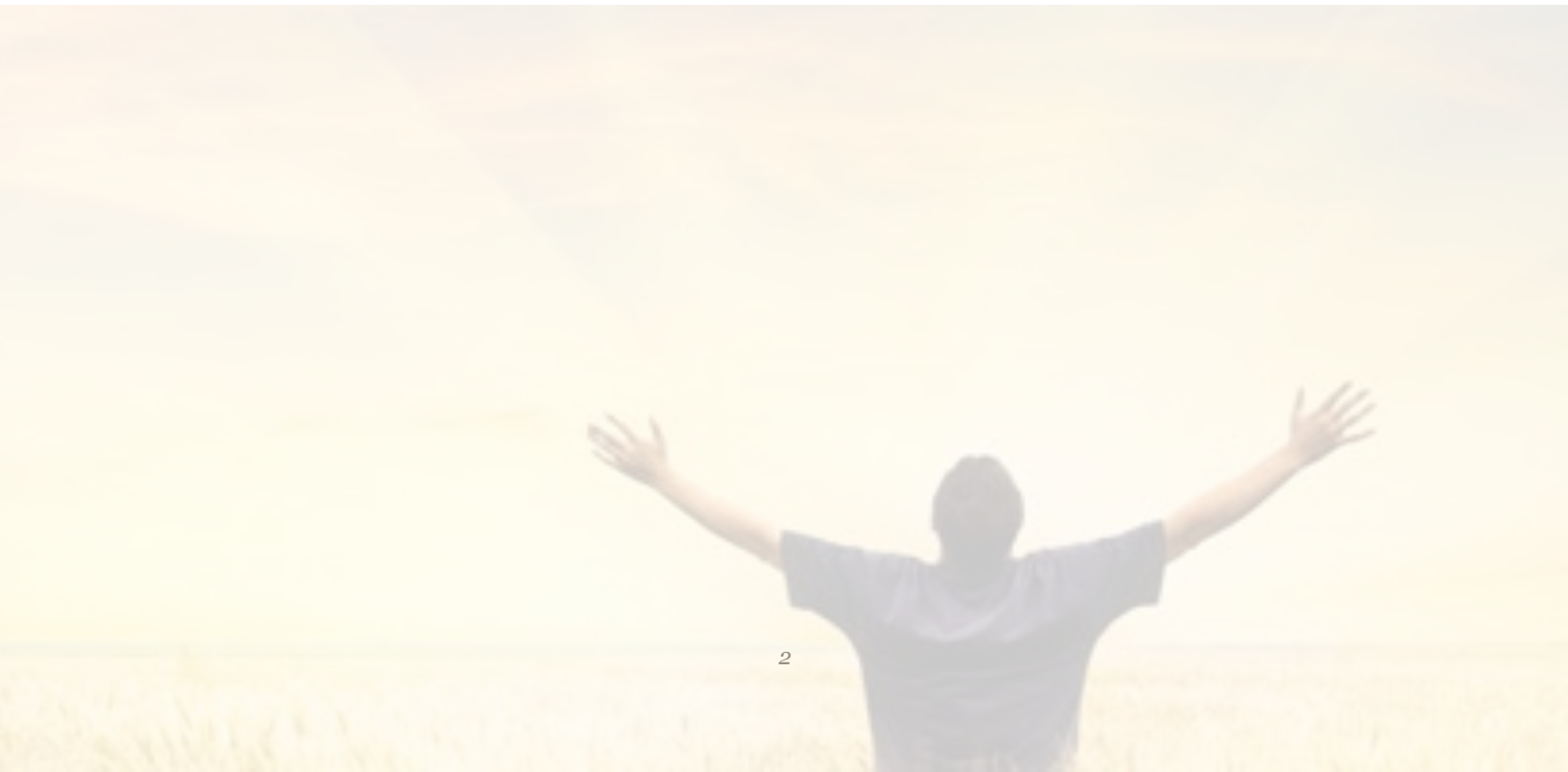


The Ultimate Guide to Selecting a Residential (Inpatient) Addiction Treatment Program



Getting the Help You Really Need

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Introduction

Do I Need A Residential Treatment Program?

When you work at a residential treatment and recovery center for people struggling with addiction, there are a few questions you hear again and again. Many of the people who contact us confidentially say, “How do I know if I need residential rehab? What should I look for in an Inpatient addiction program?” We’ll answer those questions in the coming pages.

What you’ll Learn

We set out to answer these questions:

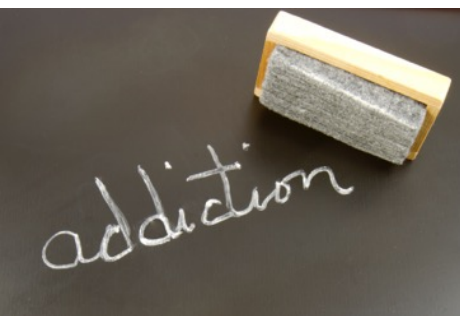
- What are the different levels of treatment that are available?
- Is Inpatient or Outpatient treatment best for my situation?
- What is the nature of Addiction and how does that impact Treatment?
- What is Dual Diagnosis Treatment and do I need it?
- How do Treatment Approaches vary?
- Is the 12 Steps Approach effective?
- What alternatives exist to the 12 Steps Approach?
- What are some of the pitfalls of residential treatment today and how to i avoid them?
- What are the key factors in choosing an inpatient / residential rehab program?
- How much should I expect to pay for rehab and what financing options are available?
- How can I ensure I will get the most from Residential Treatment?

We are all deliciously different; there is no single treatment program or path forward...no one-size-fits-all. We encourage everyone to understand the different treatment options that are available, and to pick the one that resonates with them.



But whether or not you choose residential rehab, it is imperative that you make a clear plan to heal from active addiction. Thinking that you can just get serious, use more willpower, or expecting that time will work everything out, rarely works.

The right residential rehab program can help you learn how to heal, setting you free to live more of your life in love, peace, harmony and joy. Or it can set you back tens of thousands of dollars with little to show but a tan and some volleyball skills. It's all about choosing the right program, and your involvement. No matter what program you choose, it is about you doing the work, and it doesn't end when you are discharged from the facility.



You Have Everything it Takes to Make The Best Decision

After all, the most powerful decisions are the ones that arise from your own internal guidance. It's one thing to have a counselor or loved one tell you that you need treatment; it's another thing to decide for yourself that treatment is the next step toward healing.

We know how tough it is to try and make major life decisions while in crisis. We encourage you to take a deep breath, slow down, and listen to your 'inner counselor'.

Why we wrote this eBook

The Clearing is a residential treatment program, and so you might suspect our goal is to convince you to sign up.

It's not.

The truth is, The Clearing is a small program and we turn down 80% of the candidates who seek admission here due to not being the right fit. This has often meant empty beds and lost revenue.

We've learned no one benefits if you, the participant, is not ready to do the work. Thus, we have an interview process that ensures that those who join us have a genuine desire to heal.

For us, this is a labor of Love. Our goal is healing and success for our participants. We know choosing a treatment program is difficult and daunting. We hope you'll find this eBook a valuable tool in finding the right approach for you, regardless of where that might lead you.

Chapter 1

Understanding the Nature of Addiction

First Question to Ask Yourself: “Am I really Addicted?”

Did you know that 30% of the U.S. population has a substance abuse issue that is serious enough to warrant some level of outside care (SAMSHA).

What if you're not entirely certain that your behavior qualifies as active addiction? One of the most telling signs is the inability to say no to a substance or habit. If you find yourself using after you've sworn it off, chances are you are caught in the addictive cycle and some type of treatment is needed.

If you're still not sure, there are a few other signs you should look for:

- ▶ Lying and engaging in duplicitous behavior
- ▶ Denying your problem and hiding extent of your substance use, especially when your friends and family voice concerns
- ▶ Repeatedly resolving to quit, but then finding yourself unable to do so
- ▶ Changing your routines, as well as increasing your secrecy about your whereabouts and plans
- ▶ Exhibiting increasingly erratic behavior; feeling sudden shifts in your mood and manner
- ▶ Forgetting commitments; failing to show up for usual responsibilities such as work or school
- ▶ Demonstrating marked physical changes and symptoms of use and withdrawal (such as hand tremors, weight gain or loss, bloodshot eyes, constipation, and changes in skin tone)
- ▶ Sensing that you have a serious problem





Under anger there is hurt.



LOVE



HEALING

When we apply love to the hurt, we heal.

If you show many signs of addiction, your condition could be serious.

Addiction is a complex issue that usually has mental and emotional issues at its core. It is the end result of repeated numbing of some underlying mental or emotional issue. The hurt surrounding issues doesn't just go away on its own.

The idea that time heals emotional wounds is a myth. Many people have emotional wounds left untreated for years, even decades. Even if you don't "feel" the pain any longer, it may just be that you've learned how to cope.

This coping may not even employ a drug, but something society deems as acceptable or even good: chronic exercise or workaholism, for example. It can be anything that gets us escape how we are feeling.

Healing the underlying core issues that cause the pain is the first step to controlling the undesirable behavior.

Anger, Depression, Anxiety, and Addiction

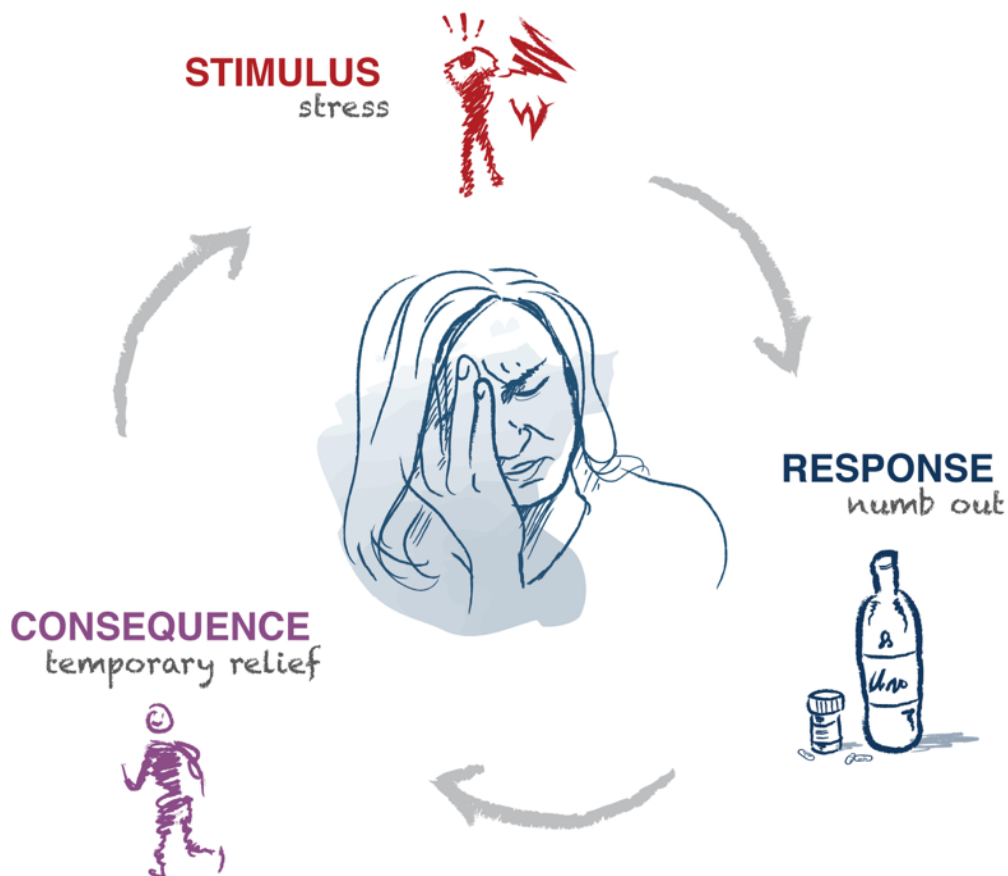
The psychological dynamics involved in addiction are complicated, but one of the most common catalysts for addiction is anger. But why do anger and addiction seem to go together? Is anger some by-product of addiction and dependency?

What we know is that any time we're angry and we're feeling anger, we know that underneath that anger there's a hurt. There's something that hurts inside.

For those suffering from addiction or dependency, there's a belief that it's not okay, for one reason or another, to express our anger. But when we cut

ourselves off from constructively expressing our anger, it turns into depression. Depression is nothing more than anger turned inward.

Most of us don't want to feel what hurts inside. Hurt is not pleasant. It's something we're wired to avoid. So when we feel emotional pain, we'll often cut ourselves off from feeling. When we don't feel our hurt or our anger, the result is that we have emotions bouncing back-and-forth between these two blocks. This unsettled emotional bouncing is what we call anxiety.



Then when life adds more stress to our anxiety, we move into panic mode. We say to ourselves, "Man, I don't want to feel my anxiety, my panic, my stress, my depression." So we use in order to numb out. Substances and other dependencies offer an "easy way out."

Breaking the Addictive Cycle

Fortunately, there is a way out of this cycle. In the "Anger, Hurt, Loving Model", we learn constructive ways to express anger and to make it okay to feel emotional hurts. When we do that, we're able to apply love to the parts inside that hurt, and we're finally able to heal.

For example, many people feel guilty and ashamed of their past behavior and mistakes. Often this leads to using substances simply to avoid feeling their emotional upset. Learning how to address, learn from, and heal these issues erases the self-imposed guilt and shame.



At The Clearing, we use a treatment modality called [Spiritual Psychology](#), the mantra of which is, "When love is applied to hurt, we heal." Unfortunately many programs, either knowingly or unknowingly, play into a cultural tendency towards shame and guilt, which is at the opposite end of love and self forgiveness.

The popular poem, *Toxic Shame*, by Leo Booth & John Bradshaw says it powerfully:

"[Shame is the] voracious hole that fuels all addictions."

Avoid people, philosophies, and programs that trigger a feeling of shame, and instead look for support that is loving and forgiving. This is where healing begins.



Chapter 2

What Is Dual Diagnosis Treatment (And Why is it Important)?

Have you ever suspected that your addictions are actually attempts to “numb out” from an underlying emotional pain? If so, then you already understand a great deal about the root causes of addiction and have a sense of what dual diagnosis is.

Dual diagnosis is the term used to describe two disorders occurring in one person at the same time, one of which is addiction. For example, an individual who abuses alcohol and is bipolar has a dual diagnosis, as does someone with an eating disorder and depression. When there is a mental health issue running alongside addiction issue, that represents a dual diagnosis.

The Prevalence of Mental Health Issues in Addiction

Though popular culture tends to portray alcoholism and substance abuse as isolated issues, the reality is very different. In real life, addiction generally doesn't appear for no reason. Usually, it arises because of an unaddressed mental and/or emotional issue.

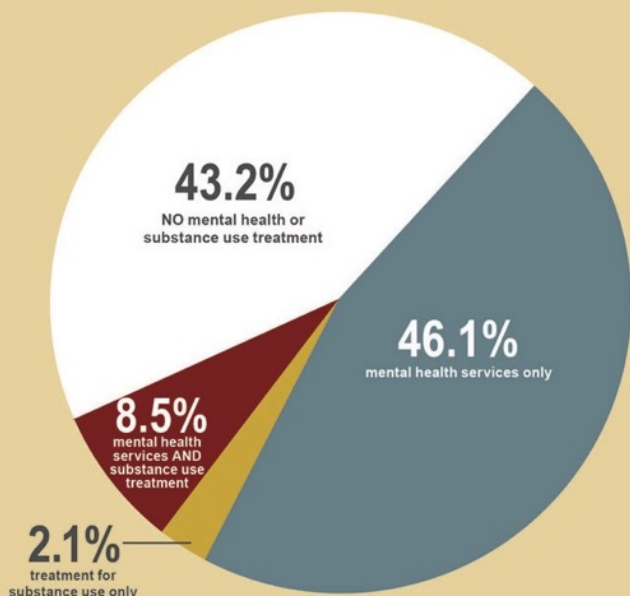


Mental health conditions are more prevalent than people think. As DrugAbuse.com's article Mental Health and Drug Abuse notes, “According to the Journal of American Medical Association (JAMA), 50% of the people who have a severe mental condition also have a

substance abuse problem ... [and] 37% of alcoholics have a mental illness, as do 53% of drug addicts.” And according to SAMSHA, over 50% of us will experience a mental health issue in our lifetime.

We think the numbers are much higher than that because often the mental issue is undiagnosed or doesn't meet some criteria of clinical diagnosis. A childhood event that one person takes in stride, for example, could be traumatic for another, and become an underlying issue that leads indirectly to substance abuse. In order to facilitate healing, the person dealing with addiction likely needs professional help to confront those deeper issues.

555,000 18- to 25-year-olds had co-occurring serious mental illness and substance use disorders, yet **ONLY 8.5%** of them received both mental health services and substance treatment



For additional information visit www.samhsa.gov/children, and for information about treatment options, visit www.samhsa.gov/treatment.

Treating Dual Diagnosis to Make Treatment More Successful

The vast majority of addiction resources, groups, and programs don't adequately treat Dual Diagnosis and the underlying causes of addiction. Sometimes people get counseling to deal with trauma or emotional disorders, but the norm is that these conditions are treated separately rather than holistically.

As a result, many relapse or only experience temporary periods of sobriety. Indeed, many studies have reported the success rate of standalone 12 Step programs—the most common addiction treatment modality by far—to be as low as 5%. Why?

Two reasons. The first is we believe the vast majority of cases involve underlying mental/emotional issues which are not being treated.

When individuals dealing with addiction dig into the interrelationship between their root causes and their addictive behaviors, they can heal both and transform their lives.

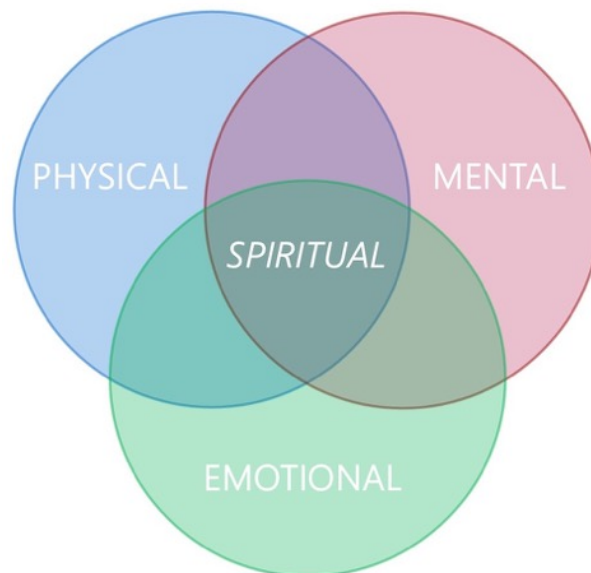
Second, most recovery programs, including AA and other 12 step groups, deal only with the physical level of the problem. In other words, the focus is mostly on behavior modification. While the 12 Steps is considered by its participants as a spiritual program, the approach and

it's practitioners are not professional counselors trained in resolving mental and emotional issues. What is needed is a holistic approach that deals with all four levels of self.

Breaking the Addictive Cycle with A Holistic Healing Model

A true holistic addiction healing model addresses the four main components of health and the whole person:

1. *Physical* — What we do
2. *Mental* — What we think and believe
3. *Emotional* — What we feel
4. *Spiritual* — Who we truly are, unconditional love, peace and joy



Since all people live at four levels at the same time, it's important to pursue an addiction recovery program that includes them all. The way it usually works for people struggling with an addiction or other limiting behavior, is that through behavior modification, they stop using. This is the physical level.

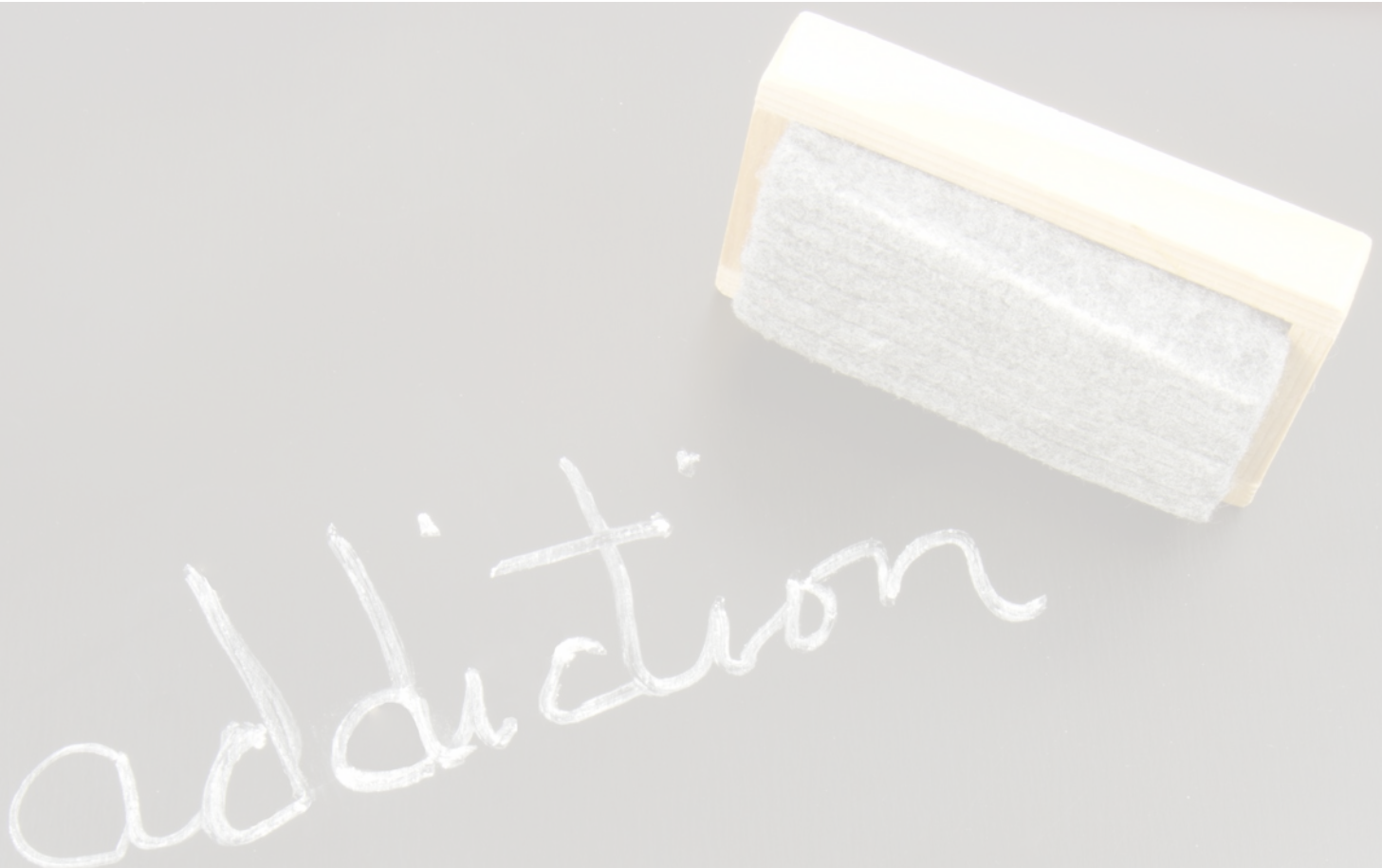
As holistic beings, our four levels tend to want to be in alignment with one another. So unless we simultaneously work at moving our mental and emotional states into a positive space, our physical-level improvements (sobriety) snaps back to negative alignment.

When this happens, we fall back into the addictive cycle.

But when we take a holistic approach, three things happen: (1) The stimuli are minimized, and/or we see them differently, (2) we have other tools to help us through rather than numbing out, and (3) the relief we feel is much more grounded and long lasting.

One of the ways we can facilitate this holistic movement is through spiritual growth. Spirituality is our concept of who we are, and it is rooted in Love. When we can see ourselves as good. When we can see our past experiences as learning opportunities. When we can forgive ourselves....then we can make progress at the Emotional and Mental levels.

This structured guidance helps to uncover the origins of the addictive behavior. And once that happens, it's possible to work through the pain of the past, break the addictive cycle, and move forward into the future.



Chapter 3

The 12 Steps, or an Alternative?

If you've been looking into treatment programs for any length of time, you already know that 12 Step programs are the most prevalent. But there are alternatives, and these are showing promising results and becoming the preferred option for an increasing number of people.

Here, we'll list the pros and cons of both 12 Step and Non 12 Step rehabs, empowering you to choose the right program for your needs.



Advantages of 12 Step Residential Treatment:

- ▶ **Many options:** If you decide to enter a 12 Step program, you'll have plenty of options, as 12 Steps is by far the most common treatment model. [American Addiction Centers](#) estimates that 74% of United States treatment centers are 12 Step based.
- ▶ **Convenience:** Given the prevalence of 12 Step treatment programs, they are often the most convenient - with options in every state and many metro areas.
- ▶ **Aftercare:** 12 Step support groups are ubiquitous and literally all over the country. From large cities to small towns, chances are you'll be able to find a 12-Step support group for weekly meetings.
- ▶ **Most covered by insurance:** Given that 12 Step rehabs are the most common, they're also the ones typically covered by major insurance plans.
- ▶ **Affordable:** Many 12 Step rehabs rely on volunteers to lead sessions and support. This is a significant cost savings vs professional counselors and therapists. With broad insurance coverage, they're generally more affordable for most families.
- ▶ **Cultural norm:** 12 Step treatment programs are the current cultural norm for addiction recovery. The terminology of the 12 Steps has been integrated into popular culture to such an extent that many people assume that it's the only recovery game in town.

Disadvantages of 12 Step Residential Treatment:

- ▶ **Low success rates:** Harvard researcher Dr. Lance Dodes cites study results concluding that the actual AA success rate is 5-10%.
- ▶ **No support for mental health (Dual Diagnosis):** Many of the “other 90%” do not seem to respond to the 12 Steps approach have a concurrent mental health condition in addition to addiction. This is known as Dual Diagnosis - a condition such as depression, anxiety, self loathing, and Post-Traumatic Stress Disorder (PTSD) in addition to an addiction.
- ▶ **Volunteers vs. professional counselors:** The 12 Steps were set up to be a member-driven brotherhood of support. Sessions are led by volunteers, often recovering alcoholics who have successfully been through the 12 Step program already. The trade-off is a lack of professional training and certification in deeper mental health and psychology issues, where most addicts really need expertise.
- ▶ **Lack of individualized care:** Most 12 Step residential treatment programs do not provide the hours of individualized, one-on-one, professional therapy needed for individuals with mental health issues.
- ▶ **Dated methodology:** The 12 Steps was created in the 1930s and has not been substantially updated since. Thus, some of the program philosophy is at odds with significant psychological advances and what we now know about the neuroscience of addiction, especially from the past few decades.



HELP.

- **More limited insurance coverage:** 12-Step alternatives are growing, but still the minority. They're less of a known quantity than 12-Step programs, and hence are not included in as many in-network insurance plans.
- **Rehab cost:** With limited insurance coverage and more professional counseling resources, non 12-Step rehab programs can be more costly from an out-of-pocket perspective. But many financing options are available. There are multiple ways to pay for rehab, including healthcare loans, or borrowing money from friends and family.

You Have Options

As Betsy Koelzer (co-founder of The Clearing) wrote about her Malibu 12 Step residential treatment experience:

“The residential treatment program ... was nothing more than well-intentioned contract counselors who rotated among clients weekly for sparse individual and group sessions. I later learned that my lead counselor was being paid \$12 an hour and was an intern. Beyond that, we were completely outsourced to local AA meetings This Malibu treatment center - at virtually no cost or effort - handed my care over to a volunteer AA ‘sponsor’ who would either guide me through the 12 Steps or take me for a manicure: my choice. My nails never looked better.”

It's important to do your research and make a choice based on what seems right for your recovery, not just what everyone else is doing.

For many years, 12 Steps based recovery was the only option for individuals seeking alcoholism or addiction treatment. That history influences its ubiquity today.

Alternatives to the 12 Steps

As Gabrielle Glaser writes in her 2015 Atlantic Monthly article *The Irrationality of Alcoholics Anonymous*, “The 12 Steps are so deeply ingrained in the United States Hospitals, outpatient clinics, and rehab centers use the 12 steps as the basis for treatment. But although few people seem to realize it, there are alternatives Unlike Alcoholics Anonymous, [some of] these methods are based on modern science and have been proved, in randomized, controlled studies, to work.”

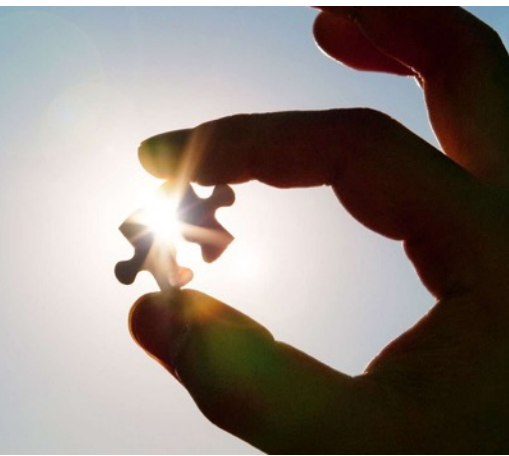
In the next chapter we’ll look at some of the most pervasive alternative *modalities* to the 12 Steps approach.



Chapter 4

Alternative Addiction Treatment Modalities

The number of different addiction treatment modalities has increased dramatically in the last few decades. As such, it can be difficult to discern the differences and distinguish the programs that are worth your time and money.



What is a ‘Treatment Modality?’

Treatment modality is simply the method used to treat a patient for a particular condition. In the vernacular, you may also hear both patients and medical professionals use "approach" or "type" and other such descriptions.

At the highest level, addiction treatment modalities can be grouped into two categories: 12 Steps or 12 Step Alternative. Within the Non-12 Step Category are a myriad of subcategories and treatment methods.

Alternative (Non-12 Step) Treatment Modalities

[The Handbook of Alcoholism Treatment Approaches](#) by Reid Hester and William Miller lists *48 different types of addiction treatment modalities*, along with their degree of effectiveness within the context of clinical trials.

The extensive list ranges from basic behavioral changes such as exercise and relaxation training to prescription drug treatments like lithium and antidepressants. It includes alternative medicine therapies such as acupuncture and hypnosis as well as time-honored therapeutic techniques like cognitive therapy.

Based on this study, treatment modalities can be grouped into the following broad categories:

Aversion Therapy

What it is: Aversion Therapy attempts to create unpleasant associations to one's drug of choice by inducing sickness, electric shocks or other undesirable experiences.

Pros and Cons: This process can work when the addiction is purely physical in nature, but only provide a short term benefit when there are underlying emotional issues related to the addiction. Often an individual will switch addictions when the root cause is not addressed.

Behavior Modification Only

What it is: Behavioral Modification and Behavioral Therapy (BT) is the process of replacing unhealthy habits with healthier ones.

Pros and cons: Over time we form strong neural pathways associated with addictive behavior that take time to unwind. BT recognizes this and takes a structured approach to developing healthier new habits. However, it doesn't address underlying issues, and thus is more effective when used in conjunction with other therapeutic approaches in holistic frameworks.

Holistic Treatment

What it is: Holistic Treatment promotes recovery by addressing multiple levels of self: body, mind, emotion, and spirit.

Pros and cons: We are learning more and more about the interconnection of mind and body. Addiction is usually the result of underlying emotional and spiritual issues that have led to depression, anxiety, anger, and other issues. The technical term for this relationship is Dual Diagnosis. Holistic approaches get to the underlying causes and heal all the related dimensions simultaneously.



Medication Only

What it is: Medical approaches use drugs to mitigate withdrawal symptoms and promote abstinence.

Pros and cons: Medication can be especially helpful for individuals who need physical support to detox, but it doesn't help with the emotional issues that drive addictive behaviors.



Education Only

What it is: Education-only approaches involve learning about addiction through books, movies, and other resources.

Pros and cons: Education initiatives are popular with schools and governmental associations, but when implemented without other supports their success is very limited.



12 Step Related Treatment

What it is: Twelve Step-based recovery is based on the 12 Steps of Alcoholics Anonymous which was developed in the 1930s. The 12 Steps have been adapted over the years for other drugs of choice and addictions.

Pros and cons: 12 Step programs represent the most prevalent form of addiction treatment in the United States and offers a large, accessible network of meetings and free support. However, the program has not been significantly changed or updated to leverage significant advancements in psychology and neuroscience related to addiction treatment. While 12 Step programs have helped many due to their pervasiveness and spiritual emphasis, overall success rates are relatively low.

For a deeper exploration into treatment modalities, including their reported effectiveness, see these blog posts:

[Treatment Modalities, Part 1: What Are My Options?](#)

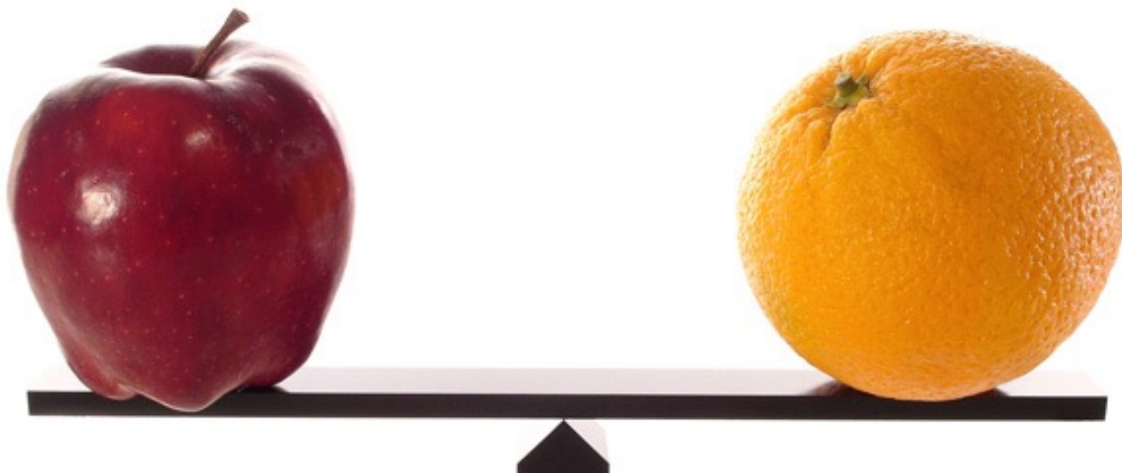
[Treatment Modalities, Part 2: Which Ones Really Work?](#)



Chapter 5

Deciding Between Inpatient and Outpatient Rehab

Addiction is a serious issue, and getting professional help can mean the difference between life and death - literally. Your future is on the line, so it's important to choose a program that can support you in making real change.



In order to evaluate whether inpatient or outpatient treatment is the right fit, you need to assess the severity of your addiction, along with several other issues such as financing and personal time constraints. However, we'd encourage you to let the severity of your addiction be the deciding factor.

What is Outpatient Treatment?

Outpatient treatment, or outpatient rehab, is conducted at a treatment center; clients normally participate three times a week for two to three hours each session and sessions are often in the evening or on weekends.

Outpatient treatment typically combines individual counseling, group therapy, informative lectures and family sessions and is generally more suited for patients who have less severe symptoms, require a lower cost option or have work-related time constraints.

The vast majority of outpatient treatment programs are based on the Alcoholics Anonymous 12 Steps program, which teaches coping skills and relapse prevention.

Outpatient treatment is an option and can be helpful to patients who must continue to work or have other commitments. Outpatient treatment allows people to go home for the evening.

What is Inpatient Treatment?

Inpatient treatment, also known as residential rehab, is when patients live on-premise for periods ranging from two weeks to a year. An inpatient treatment center should have individualized treatment programs and include 24-hour supervision and access to clinical detoxification care, if needed. Residential inpatient treatment includes meals, housing, therapies and on-site activities.



Like outpatient treatment, inpatient treatment includes a mix of individual counseling, group therapy, and informative lectures. Alternative therapies and enhanced medical supervision may also be part of the program for patients with more severe conditions. A good inpatient program is more intensive than any outpatient program.

Most inpatient treatment programs are also based on the Alcoholic Anonymous 12 Steps program, which teach coping skills and relapse prevention. There are, however, alternative programs available which utilize a variety of counseling strategies to support an individual's specific needs.

Benefits of inpatient treatment:

- 24-hour care
- Meals and housing included
- More intensive treatment
- Time away from stressful environments and drugs of choice
- Patient health, progress and challenges are more closely monitored
- Secure, controlled environment
- Better focus on treatment
- Best option for severe cases

Trade-offs of inpatient treatment:

- More expensive
- Requires extended time commitment
- Requires time away from work, family and friends

Benefits of outpatient treatment:

- Lower cost
- Allows one to maintain daily commitments
- Allows more contact with family and friends

Trade-offs of outpatient treatment:

- Less intensive treatment
- Participants remain in their home environment, which may have contributed to their condition
- Participants are open to distractions
- Not a good option for severe cases

The guiding factor, when all things are considered, is which level of care gives the participant the highest probability of recovery? While outpatient treatment care can be effective in some circumstances, in most cases a higher rate of recovery can be secured through choosing the appropriate inpatient treatment program.

We know it's a crucial decision and hope this information is helpful as you evaluate your choices.



Chapter 5

What's Wrong with Addiction Rehab: 5 Pitfalls to Avoid

It's no secret that the addiction rehab space is riddled with problems:

“Counselors with little education and less oversight are using outdated and sometimes harmful techniques; there are no national standards for credentialing or training counselors and most treatment centers, even those with extensive financial resources, do not always use best practices.”

These [strong statements](#) are from author Anne Fletcher. In her book *Inside Rehab*, Fletcher reveals the good and the bad state of care in addiction rehab facilities.

Here are the most common programmatic pitfalls seen in modern-day addiction rehab. We'll show you why these conventions are problematic and suggest positive alternatives.

Pitfall #1: Typical Addiction Recovery Programs Are Full of Distractions

If you've been researching an addiction recovery program, you've probably seen some appealing marketing campaigns. Luxury programs boast about their infinity pools, oceanfront views, spa-like amenities and celebrity attendees.



But what if those so-called perks actually detract from addressing the core of addiction?

In vacation-oriented programs, participants will go from a volleyball game to a massage to an evening 12-Step meeting. However, these recreational activities represent a procrastination from the real emotional work required for healing.

Additionally, some addiction rehab programs extend the

length of participants' stays unnecessarily. In most 90-day addiction recovery programs, there's a great deal of "padding" in the calendar.

People pay a lot of money for 90-day inpatient rehabs, and in return they may be largely paying for spa-type luxuries or, at worst, glorified babysitting...neither of which contribute to a strong success rate for recovery.

Pitfall #2: Typical Addiction Recovery Programs Lack Focus for Real Work

Though you may have a lot of fun in luxury addiction rehabs, you probably won't have much time scheduled to work with licensed professional counselors to address the core issues that fuel your addictions. And thus while participants may feel rested and suntanned, they may head home without significant emotional progress or healing.

The real issue in residential addiction treatment is not the length of time spent on-site. Rather, the essential question is: does the addiction recovery program help to heal the underlying issues that leads people to turn to substances for relief?

Research shows that certain addiction treatment modalities are much more effective than others. For example, take the contrast between peer-based and professional treatment programs. Laymen-led groups do offer helpful opportunities to connect with supportive peers, but often the leaders of these groups lack the skills and training necessary to address deeper emotional issues.

Pitfall #3: Typical Addiction Recovery Programs Have Loose Admission Standards





Simply put, many addiction rehab programs are seeking to keep beds filled. Their unspoken business model is “as many people as possible for as long as possible.” As a result of this “more, more, more” mentality, admission standards are very lax.

Often addiction recovery programs will welcome anyone who wants to come for any reason. While on the surface this may seem like a good idea, the reality is that people have plenty of motivations for coming to rehab. And not all of them are conducive to real recovery.

Some people are simply going to addiction rehab in order to get out of trouble with the law. If their rehab stay is court-ordered, they may check the box and fulfill the requirement without a real desire to heal.

Others are driven to go to rehab because of ultimatums set down by their loved ones, so they go because they’re afraid of what will happen if they don’t. And some just want an escape from their problems, or a chance to enjoy spa amenities or hook up.

In short, some people aren’t really motivated to do the work, which detracts from the experience of those who are truly interested in healing.

Pitfall #4: Typical Addiction Recovery Programs Lack Continuity



In many addiction rehabs you’ll see a revolving door as people start and end treatment at all different times. Once again, the reason for this lack of continuity is not because it’s helpful to those already in the addiction program, but because the rehabs themselves make more money that way.

If facilities maintain open, rolling admissions, they stand a better chance of keeping all beds filled at all times and billing accordingly. But their participants pay the price.

When people enter and leave frequently, it's highly disruptive. Programs that intake and discharge clients daily create a distracting and disjointed experience.

Pitfall #5: Typical Addiction Recovery Programs Rely on the 12-Steps

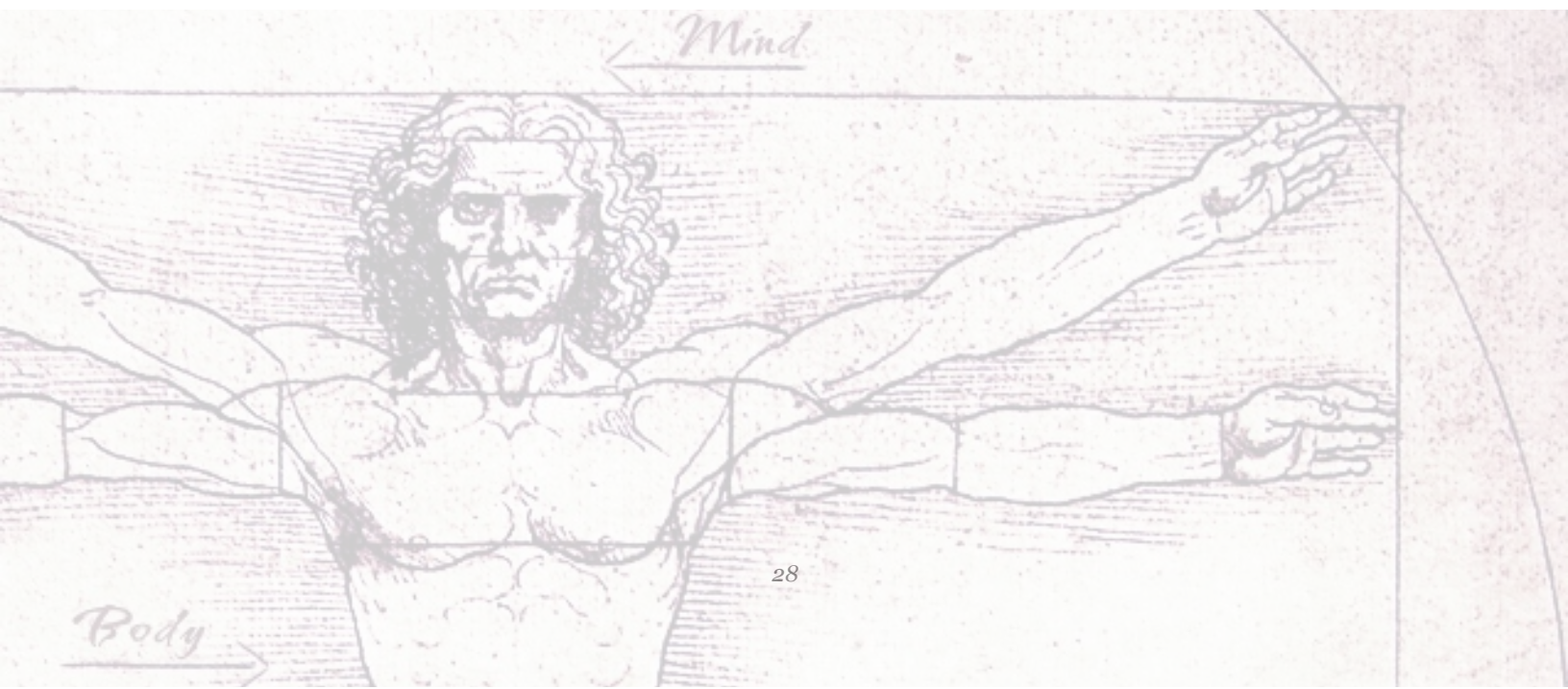
Since 12-Step treatment is the industry standard in addiction rehab, you'll find plenty of programs that shuttle participants to Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meetings.

Though many people have been helped by these groups, the overall effectiveness of 12 Step programs has been called into question in a number of studies.

As we wrote in our blog post [12 Steps vs Non 12 Step Rehab: Making the Right Choice in Addiction Treatment](#), "For many years, 12 Steps based recovery was the only option for individuals seeking alcoholism or addiction treatment. That history influences its ubiquity today ... [But] published success rates of 12 Step programs can be as low as 5-10%."

That said, it's difficult for an industry that has done "business as usual" for 75-plus years to try new approaches, even if these approaches are evidence-based. For example, research shows that going to meetings does not constitute effective treatment for individuals with dual diagnosis (a mental health concern coupled with substance abuse).

Changing protocol means a departure from what is known; it represents a step into unfamiliar territory.



Chapter 6

How to Choose a Residential Treatment Center

Choosing the right treatment program can be a daunting decision. You may wonder how to separate out the essentials from the nonessentials, how to decide what to pay for and what to skip. Don't worry; we're here to shed light on the search process.

At this stage, the first and most important task is to find the right program for you and your needs. Once you have a list of good options, then you can look at pricing and financing.



Important Questions to Ask Yourself

How do you go about deciding which residential treatment center is right for you and your family? Our suggestion is to begin by considering the following questions:



Where are you in your addiction recovery process?

Are you just starting to consider residential treatment? Do you require clinical detox? Do you need assistance with this process? What have you tried so far? The answers to these questions help determine where to start.

People with chemical or substance dependencies often require a detox period in a dedicated program to transition the body physically from substances. This detox period typically lasts five to seven days at which point the patient moves to the counseling stage of recovery.

The counseling stage is the critical stage. Ideally, it will address the core issues at the root of the issue of substance abuse. For example, what is the underlying issue which fuels your desire to drink or rely on substances?

If you are expecting or needing insurance to pay for residential treatment, they are likely to want to see that you have tried an intensive outpatient program (IOP) first. Ask yourself if an outpatient approach may be rigorous enough. Outpatient can be sufficient for some, but many find that the intensive nature of Inpatient Treatment is what is needed to fully heal.

What is your timeframe?

It's important to be realistic on recovery and treatment duration. Residential treatment usually requires a minimum of one month, perhaps up to 3 or more. Participants reside in a facility away from their normal environment, offering them an uninterrupted opportunity to work their issues.

What are you looking for in a residential treatment center?

Residential treatment centers vary widely. An institutional facility can mean going through treatment with as many as a hundred people, limiting individualized care but providing cost

savings. An intimate facility with fewer participants provides more individualized care but is more expensive.

Do you know how to find a well-run residential treatment center?

If possible, get references from people who have gone through the program. We can't stress the importance of this enough.

Important Questions to Ask Treatment Providers: Key Factors in Selecting the Right Program

We suggest you research and compare facilities using the following factors. Each of these factors impact cost in different ways, so consider what's most important to you, and what you can afford:

- ▶ Treatment Modality
- ▶ Treatment Approach
- ▶ Counseling Style
- ▶ Cultural Fit
- ▶ Rehab Amenities



Selecting the Right Treatment Modality for Your Healing

As we discussed earlier, the broadest way to distinguish programs is by 12-Step approach vs. those that employ a non 12-Step method (also known as a 12-Step alternative).

It's important to clarify exactly what distinguishes excellent rehab programs. Most residential rehab providers in the United States are based around the 12 Steps modality / model. 12 Step programs do work for some people, but as we've mentioned, their overall success rates are low.

Do your homework and have an understanding of what fits your beliefs and situation.

Treatment Approach: Do You Need a Dual Diagnosis Treatment Center?

As you read in the last chapter, 12 Step programs generally are not as effective when a Dual Diagnosis condition exists, since most of them don't offer much individualized professional counseling.

If you have a Dual Diagnosis condition, researching and investing in a specialized Dual Diagnosis treatment center is crucial. Ask questions and don't assume that a treatment program offers sufficient support just because it lists dual diagnosis on its website.

A true dual diagnosis treatment program will teach counseling tools and techniques that are tailored to your unique situation and deal with healing root causes or underlying mental and emotional issues.

Counseling Style: Group or Individual?

The amount and type of counseling provided is a key driver of rehab cost. When it comes to healing from addiction, what really matters is individualized therapy. You'll have a much better chance of true recovery in a program that prioritizes one-on-one counseling.



When asking about counseling, it's important to know that no one counseling strategy works for every issue. There are great counseling strategies for mental-level issues; these are issues that are caused by our judgments and limiting beliefs. Rational Emotive Therapy is our favorite. This is the best strategy that we know for dealing with limiting judgements and beliefs.

There are different counseling strategies that work at the emotional level; this is what we feel. A great mental-level strategy will not heal an issue at the emotional level. We can't think our way out of an emotional level issue. The strategies we have found to be most beneficial for emotional level healing is Gestalt, Developmental Psychology, and Neuro-linguistic Programing.

When you are looking at a program, ask them not only how much counseling you'll receive but also what strategies they'll use for mental-level issues versus emotional-level issues.

That said, group therapy can be effective as well. Group sessions give you the opportunity to relate with others on a similar healing journey. In the best groups, participants practice healthy communication skills, share stories, set boundaries, and support one another in recovery.

Group therapy is a helpful tool, but not if it's used at the exclusion of individual therapy. One-on-one therapy time is vital if there are unresolved mental health issues involved in the addiction. (And as you now know, there are almost always underlying issues!)



Cultural Fit: What Type of People Will You Be Surrounded By?

One factor that is often overlooked is, what type of people will you be surrounded by? This is extremely important since you will be engaging with fellow participants in various ways. Do you want to be doing rehab with teenagers or young singles playing the dating game? Do you want to be surrounded by people who were ordered by the court to attend rehab but don't really want to be there? Do you want an experience where there is a revolving door of participants, starting and ending at different times, and at different stages of recovery? These can all be significant distractions.

Some treatment centers like The Clearing only accept participants who are serious about healing and are structured in cohorts, where participants start and end together. Getting to know and trust fellow participants and heal together can be more powerful than you may realize.

Inpatient / Residential Rehab Amenities

There is a large gamut of rehab amenities available. These include things like physical location, views, buildings, pools, spas, gymnasium, privacy, food, and much more.

When it comes to rehab programs, ask yourself where the money is going ... amenities or healing? True, the spa might provide relaxation, but it's not going to help you address the underlying core issues that are fueling an addiction and holding you back from recovery.



But also be careful of low cost programs. While you may recognize that luxury is not the top priority in recovery, you also don't want to be uncomfortable. Residential inpatient rehab generally lasts a minimum of 28 days, which is a long time to deal with a sore back, noisy roommate, or poor food options.

In our view, the most "important amenities" for residential rehab are:

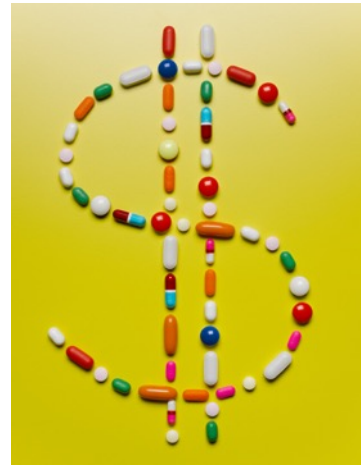
- ▶ *Private Rooms* – you need time and space for privacy, restful sleep, and emotional processing
- ▶ *Comfortable Beds* – it's very hard to bring your best self forward if you haven't had sufficient sleep
- ▶ *Healthy Food* – diet has a dramatic effect on your energy levels, attention span, and overall health
- ▶ *Peaceful, Distraction-free Environment* – that's what's most conducive to personal

Chapter 7

How Much Does Residential Rehab Cost?

As you continue your search process, it's vital to get a realistic sense for the price of residential rehab programs. In the last chapter, you learned the factors that are most important in a treatment program. Now it's time to get a sense for how much those things cost.

As you consider various program costs, remember that it's much better to select a strong program and pay for it once than to select a sub-par program and then pay for additional rehab treatments when the first one doesn't help. Remember that even a free program is no bargain if you leave the same way you came!



Why do some rehab programs cost so much more than others?

Simply put, it's because the amenities, quality and content of rehab programs varies widely. Treatment facilities themselves fall into distinct cost categories from bare-bones basic to over-the-top lavish.

At some rehab programs, participants receive a state-mandated minimum level of individualized counseling hours. Depending on where the facility is located, that minimum may be shockingly low. At other programs, participants have over four hours of individualized therapy per day!

Assessing rehab cost ranges for providers that meet your needs

What can you expect in terms of cost for inpatient treatment?



For \$0 - \$10,000 per month, you can access government-funded public service programs, which almost always use a 12 Step model. The amenities will be basic at best, and you'll likely be moving through treatment with people who are court-referred and/or homeless.

For \$10,000 - \$20,000 per month, you can start looking at private-pay and private insurance-based programs; the vast majority will be 12 Step based. The out-of-pocket portion will vary depending upon your insurance coverage. These rehabs offer an institutional experience with little personalized programming, and they often support individuals who have chosen rehab instead of jail time.

For \$20,000 - \$45,000 per month, you have more options. You may be able to find a program that provide a significant amount of individualized attention and value, along with better amenities. You'll also see a few 12 Step Alternative programs such as The Clearing.

For \$45,000 - \$65,000+ per month, you'll have access to a wide variety of 12 Step programs and 12 Step Alternatives too. You'll likely see a great deal of luxurious amenities, but as always, you'll want to investigate the therapeutic program carefully.

If you find that the program you need is not covered by insurance or out of your price range, don't give up hope. Instead, move forward to the next chapter for creative financing ideas.



Chapter 8

How to Pay & Prepare for Residential Treatment

It's the most common concern regarding residential rehab: How will I pay for it? Fortunately, there are a variety of payment options that can empower you to enroll in the right program for your needs. There are many ways to pay for a quality rehab program - including without using insurance!

Again, when selecting a drug or alcohol rehab, focus on finding the best program first, then figure out how to pay for it. Don't default to the least expensive program just because it's what your insurance covers. An inexpensive program is no bargain if you leave the same way you came.



Ways to Pay For Rehab

Insurance

First, understand what your insurance covers. Just don't make your decision solely on that basis. Remember, the program fee is only one of the costs. Don't forget lost wages, airfare, and intangibles like time. Even a free program is no bargain if you don't get better. For a full insurance program, ask yourself, "if it doesn't work, will i be in a position to do it again elsewhere?" Usually the answer is "no", so choose wisely the first time.

Friends and Family

Consider borrowing money from trusted friends and family. While it may feel uncomfortable to ask for a loan, it might be your best option. Often friends and family are invested in your health and wellbeing and want to see you recover.



If you borrow money from a friend or family member, set up a loan in such a way as to safeguard the relationship. Get the terms in writing and plan a realistic payment schedule that works for both parties.

Healthcare Loans & Credit Cards

In addition, many major financial institutions have health credit cards. Check with your bank to see if they have such an offering and what types of treatment is eligible. Also, healthcare loans are another good option.

Often treatment centers have relationships with specific lending companies to help participants pay for rehab. Healthcare loans allow individuals various private-pay options with manageable payments. Below are two popular providers:

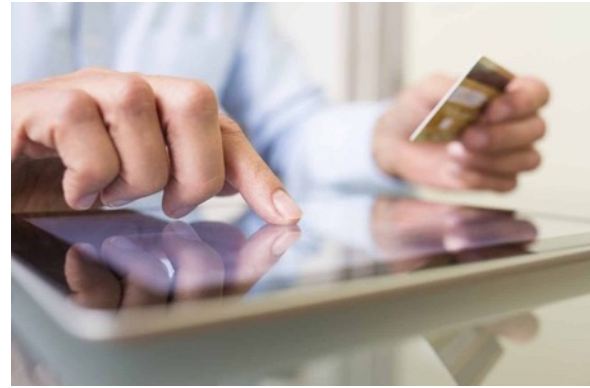
- ▶ [Prosper Healthcare Lending](#)
- ▶ [My Treatment Lender](#)

Saving

Lastly, you could also consider saving up for treatment. While in some cases immediate detox and treatment is truly necessary, in many cases it's not. If you're not in crisis and you don't have the funds for rehab now, you could begin working with a therapist or a free recovery group while you save up. That way, you avoid borrowing funds or going into debt, and you make a strong personal investment in your own recovery. Plus, your time in counseling or group might give you some good perspective to help in making the best possible rehab choice when the time comes.

More on the Full Impact of Insurance

While insurance can help you pay for rehab, it can also negatively impact program quality and force you into the wrong treatment modality for your needs. Insurance mostly covers 12 Step programs, and that may not be the right fit for you.



As Joe Koelzer, CEO of The Clearing, stated in a recent interview, “12 Step treatment is the de facto standard because of its long history, and it was the only treatment program out there. The issue with it is that it’s not very effective. Though it has helped people, its overall recovery rate is low while the risk of relapse is high.”

Since insurance companies want to keep costs down, a typical in-network program is large, institutional, and 12 step based. Amenities tend to be modest, but more importantly, individual counseling levels are kept at state minimum levels, which are almost always inadequate.

By contrast, programs with a high number of individual counseling hours provided by trained therapists are more expensive. Simply put, having qualified staff who can really help with addiction issues costs more. As such, rehab facilities that provide evidence-based treatment are often out-of-network because insurance companies aren’t willing to pay for a significant number of professional therapy hours.

Other Preparations for Residential Treatment



Make the Right Choice The First Time

It’s not only possible to enroll in a quality program, it’s vital. If you choose a sub-par program, you risk spending both time and money on an experience that leaves you at square one. Remember, there are multiple ways to pay for an excellent rehab program without using insurance. And when you alleviate the financial stress before entering rehab, you promote successful recovery.

The Logistics of Leaving Home

When you commit to a residential rehab stay, you’ll need to make arrangements to depart from your everyday life. You’ll need to figure out how to take time off from work and step back from social and family obligations for a period of time.

Keeping Your Job

Here are a few practical ideas for how to ensure that you'll have a job waiting for you when you return home.

- ▶ Be upfront with your boss. This can be a challenging conversation to have, but don't put it off. Instead, prepare for the meeting as much as possible. Review your company's drug and alcohol policy, as well as the policy for sick leave. Be professional, calm, and collected.
- ▶ Know your rights as an employee. As New Beginnings Drug Rehab's article [The Guide To Keeping Your Job Before, During, and After Rehab](#) states, there are protections in place for you under the Americans with Disabilities Act (ADA) and the Family and Medical Leave Act (FMLA). The ADA protects individuals in recovery from discrimination, and the FMLA permits employees 12 workweeks of unpaid, job-protected leave due to specified family or medical reasons within a 12-month period.
- ▶ Ask about Employee Assistance Programs, which exist to help employees with personal issues.
- ▶ As you prepare to leave for rehab, be hands-on about delegating tasks. Manage the hand-off of your role responsibilities; provide documentation and how-tos for completing your usual tasks as needed.



Organizing Your Life



Here are a few tips on how to navigate the transition gracefully.

- ▶ Be upfront with close friends and family about your departure. You don't need to tell many people, but do contact those who are closest to you, the ones who would be concerned if they didn't know your whereabouts for a month.
- ▶ Arrange for responsible child care and pet care where needed.
- ▶ Plan to have any recurring bills paid in your absence; this is especially important for debts such as student loans and mortgages.
- ▶ Delegate your regular home responsibilities to a family member or friend; for example, ask if they'd be willing to mow your lawn or shovel snow.
- ▶ Graciously cancel any additional social or volunteer commitments by notifying the appropriate parties.
- ▶ Cancel regular deliveries such as newspaper and mail services if no one else will be home to receive them.
- ▶ Cancel subscriptions you won't be using while away (i.e. cable, Netflix, Pandora, Amazon Prime) and save some money in the process.
- ▶ Suspend your phone service if your residential program does not allow you to make calls.
- ▶ Consider renting your home or apartment while you're away to help defray the cost of treatment.



Conclusion

A Word of Encouragement

Even though things may feel difficult and desperate now, the journey is beginning and a fulfilling life lies ahead. And the good news is that the ball is in your court. You get to decide when your new story starts.

We've provided a lot of information in this eBook, but in our view, choosing an inpatient residential program comes down to one key question: Will it address the underlying core issues that are driving the behavior and provide you with the tools for lasting change?

Yes, a good inpatient addiction program can be a significant investment of time and money, but your healing is priceless. We don't suggest that residential treatment is for everyone, but for some, an immersive program that deals with underlying issues and teaches empowering self counseling skills is the only way to alter the course of their life.



*If you would like to learn more about treatment for yourself or a loved one, or just need some guidance, **give us a call at 425-275-8600.** We're here to help.*

Appendix

Additional Resources

Readings

[What's Wrong with Addiction Rehab: 5 Pitfalls to Avoid](#)

[Healing Underlying Core Issues Webcast](#)

[Treatment Modalities, Part 1: What Are My Options?](#)

[Treatment Modalities, Part 2: Which Ones Really Work?](#)

[5 Reasons *Not* to Come to The Clearing](#)

[How We Created the Most Transformative Addiction Recovery Program in the US](#)

Contact Us

The Clearing, SPC
www.TheClearingNW.com
425-275-8600

Appendix

About the Clearing

Have you ever experienced something so great and profound that you just had to share it with others?

Well, if you have, then you'll understand what motivated us to tell our story, do our work, and to start The Clearing, all in an effort to help others still struggling. This ebook and our work at The Clearing is a labor of love.

Speaking From Experience

Plain and simple, everything you read here is real. We have first-hand experience with detox, Malibu treatment centers, Twelve Steps, and many, many individual cases of trouble with alcohol, drugs, depression, anxiety, and other disorders. We have witnessed a spiritual approach to healing and its transformational effects in both our own lives and the lives of countless others. So if you read it here, you can rest assured that these approaches have been tried and shown to work with authentic commitment.

We teach counseling skills, strategies and concepts based on the Principles of Spiritual Psychology. Using these simple but effective tools, our Participants are able to identify and heal the deep mental and emotional issues that have been driving them to their limiting behavior (drugs, alcohol, self harm, etc).



Our Story

In December 2011, the two Founders began working together to create the program that has now become The Clearing.

We were all too familiar, from personal experience, with the rehab industry and its weaknesses. We observed that the success rates were very low. More troubling, we knew of many stories of people going

to rehab and not experiencing a substantive program, in some cases coming out of treatment worse than they went in. Our research showed that many programs solely provide behavior

modification and coping skills as their solution, which doesn't address the core mental and emotional issues present for people struggling with their personal situation.

We all have backgrounds in Spiritual Psychology, and together we said with absolute clarity, "we can do better." Each of us have the experience of healing profound issues which limited our lives through the Principles of Spiritual Psychology and we have been tremendously blessed to have worked with others and watched them do the same. Without a doubt, we knew it was the time in our lives to create and manifest this Program.

In designing our Program, we started with a blank piece of paper. We didn't look at what insurance would pay for and we didn't look at what other programs were doing. We focused on creating a program that would provide the best opportunity for our Participants to heal the underlying core issues that were limiting their lives. We had all been through an excellent program at the University of Santa Monica and we drew heavily on our experience there. And we found this tranquil and beautiful location on San Juan Island, Washington, that is dramatically more conducive to healing than the typical luxury rehab.

The result is a Program unlike any other in the country—loving, safe, and transformative. Our graduates leave with a set of life altering tools they will use both in their present circumstance, and also in their unfolding life going forward.

*If you would like to learn more about treatment for yourself or a loved one, or just need some guidance, **give us a call at 425-275-8600.** We're here to help.*



The Clearing



alter your life

www.TheClearingNW.com

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