

**Questions to Guide  
Your Search for Treatment:**



Other:

Other:

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1. Do you offer a fixed or flexible length of stay?	Flexible			
2. What are the credentials of your professional staff?	Mostly doctoral level providers			
3. What is your full time doctoral/master's level staff to client ratio?	1:2			
4. How many individual sessions per week are included?	10+			
5. Who chooses the client's therapists?	Client, in consultation with staff			
6. Do you use a powerless, self-empowering or some other approach?	Self-empowering (non-12-step)			
7. What outside mutual help groups are typically attended?	SMART Recovery			
8. May I use my cell phone and laptop?	Generally yes, we are technology friendly			
9. Do you provide discharge planning?	Yes			
10. Do you offer unlimited free aftercare?	Yes, in San Diego, three free groups each week			
11. Do you offer evidence-based treatments?	Yes			
12. Do you fully customize treatment plans for each client?	Yes			
13. When do you offer family sessions?	Throughout treatment			
14. Do you offer psychiatric services?	Yes			
15. Is detox available onsite?	Yes			
16. Do you accept insurance?	Yes, we accept PPO insurance policies			