



# Levels of Care Guide



## **What Type of Drug Rehab Is Right for You?**

A Guide to Understanding Levels of Care in Addiction Treatment

**Looking for help for yourself or a loved one?**

**Congratulations! You are on the right path.**

One of the first decisions you will need to make is what type of treatment will give you the best chance for a successful recovery. This guide will give you the main options to consider...

## Detox

1. Have you tried to quit but went back to abusing drugs because of withdrawal symptoms such as:
  - Anxiety
  - Nausea
  - Diarrhea
  - Headaches
  - Sweating
  - Muscle tension
  - Insomnia
  - Rapid heartbeat
  - Mood swings
2. Do you abuse or have you become dependent on any of the following drugs:
  - Alcohol
  - Benzodiazepines (Xanax, Valium, Ativan)
  - Opiates (heroin, morphine, or prescription painkillers such as OxyContin or hydrocodone)
3. Have drugs made it impossible for you to function on a daily basis?
4. Do others consider your drug use “heavy,” in terms of the type of drug you use, how long you’ve been abusing drugs and how much of the drug you use?

If you answered yes to any of these questions, you may need a brief detox period (typically 3-10 days) before starting an addiction treatment program. Medically supervised detox can help minimize withdrawal symptoms and drug cravings if you are addicted to opiates or certain other drugs.

## Inpatient/Residential Addiction Treatment

**Residential treatment may be right for you if you answer yes to the following questions:**

1. Do you need a high level of structure and support to stay off drugs?
2. Do you suffer from any other physical or mental health disorders, such as depression or anxiety?
3. Has addiction damaged your personal relationships, your ability to take care of yourself, or your ability to cope with everyday situations?
4. Does your home environment make it difficult to stop using drugs?
5. Have you tried outpatient or other types of treatment in the past and relapsed?
6. Has your drug addiction put you or someone else in physical danger?

## Outpatient Addiction Treatment

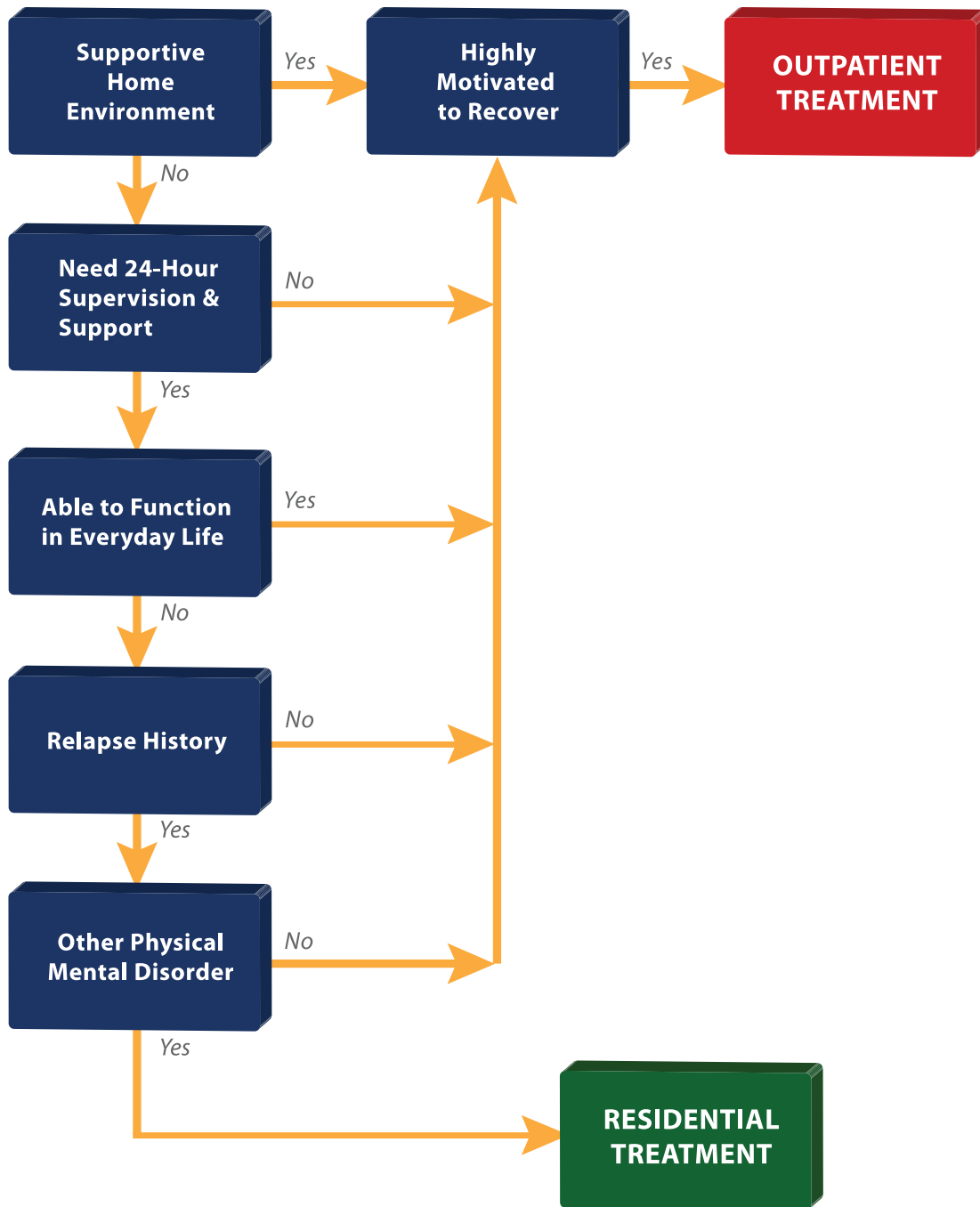
**Outpatient treatment may be right for you if you answer yes to the following questions:**

1. Can you follow a treatment plan without needing 24-hour supervision and support?
2. Do you have reliable transportation and a strong support system at home?
3. Are you highly motivated to make changes in your life?

**Call (877) 637-6237 to speak with an experienced advisor who can help determine the most appropriate level of care for your needs and guide you through your treatment options.**

### Residential or Outpatient?

Use this decision tree to walk you through the process of choosing between residential and outpatient addiction treatment



## Residential Addiction Treatment

Pros	Cons
Highly structured and supportive	Need to leave work and home for at least one month
Round-the-clock care	Larger financial investment
Programs that specialize in co-occurring mental health disorders	
Assistance in developing important coping and life skills	
Variety of addiction specialists on staff	
Holistic treatment that addresses mind, body and spirit	
Not limited to treatment programs near home or work	

## Outpatient Addiction Treatment

Pros	Cons
Freedom to fulfill commitments at work and at home	Limited to programs located in close proximity to home or work
Flexible scheduling	Greater exposure to temptations and triggers at home
Affordability and insurance coverage	Less intensive treatment
Ability to practice new skills in real-life situations	Requires high level of commitment and motivation to recover