

### INTERVENTION WEBINAR

How to Choose a Mental Health and Addiction Treatment Center for Your Loved One





Mike Loverde, MHS, CIP

President & Founder,
Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.



# How to Choose a Mental Health and Addiction Treatment Center for Your Loved One



### The Evolution of Treatment Centers



### • Treatment Centers Today vs. The Past

- The shift from individualized care to profit-driven models.
- Impact of private equity acquisition on quality of care.

### • Challenges in Managed Care

- Focus on managed costs over effective outcomes.
- Short-term treatment models and their limitations.

### Key Criteria for Selecting a Treatment Center





### • Ownership and Structure

- Privately owned vs. private equity-backed centers.
- Why ownership matters in the quality of care.

### • Therapist and Staff Quality

- The importance of requiring signed Releases of Information (ROIs).
- Avoiding therapists who prioritize friendship over accountability.

### Key Criteria for Selecting a Treatment Center (Cont'd)





### • Certifications and Accreditations

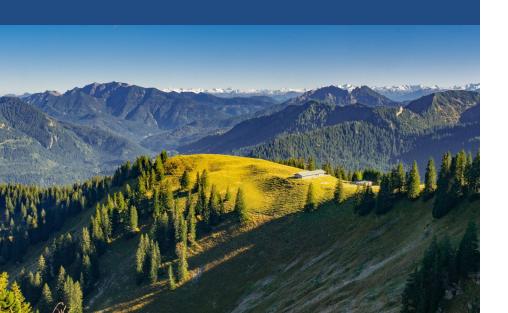
- Importance of JCAHO, CARF, and LegitScript certifications.
- How these accreditations reflect quality and compliance.

### • Family Involvement

- Centers that value family input in treatment and discharge plans.
- Ensuring the family's voice is heard and integrated.



### **Evidence-Based Treatment Strategies**



### • Defining Evidence-Based Treatment

- Examples: 12-Step Facilitation, Cognitive Behavioral Therapy (CBT).
- Importance of accountability and challenging negative behaviors.

### Execution Matters

- How evidence-based treatment fails when misapplied.
- Ensuring therapists encourage ownership and accountability.

## Essential Features of Effective Treatment Centers





### Length of Stay

NIH recommendations: Why less than 90 days is often ineffective.

### Cell Phone and Device Policies

- The link between unrestricted access and higher AMA risks.
- Implementing blackout periods for early-stage recovery.

## Essential Features of Effective Treatment Centers (Cont'd)





### Accountability and Boundaries

- Encouraging families to set boundaries for relapses and AMAs.
- Supporting clients in taking responsibility for their recovery.

### Discharge Planning

- Developing realistic plans that avoid premature return to old environments.
- Sober living as a critical step after residential treatment.



### Red Flags to Watch For



### • Signs of Ineffective Centers

- Centers prioritizing sales quotas over patient care.
- Therapists unwilling to engage families or challenge clients.

### • Avoiding Common Pitfalls

- Misdiagnosis during active substance use.
- Overemphasis on mental disorder codes for insurance reimbursement.

## The Role of Intervention-Friendly Centers





### • Characteristics of Intervention-Friendly Centers

- Collaboration with interventionists and families.
- Integration of family recovery into treatment plans.

### • Impact on Outcomes

- Higher success rates for intervention clients.
- Improved family dynamics and client accountability.



### Conclusion



- Effective treatment is a team effort involving the addict, family, and professionals.
- Investing in the right treatment approach improves long-term outcomes.



## Stop Accepting Excuses and Start Getting Help

**Questions? The Floor Is Yours!** 

Prefer to talk in private? Get in touch below:

**Call Us:** 1 (888) 291-8514

Chat with us: family-intervention.com