



IN-PATIENT RESIDENTIAL TREATMENT CENTERS

ADAA has prepared the following FAQs based on typical questions from the public regarding the selection of in-patient residential treatment centers.

General Questions to Consider - Before Contacting a Treatment Center

How do I find the right treatment center?

- Please note that many residential treatment centers are primarily substance abuse focused.
- Please check to make sure that they provide specific services for anxiety/depression related disorders.

The following online resources provide a wealth of information:

- Visit [Mental Health America](#) (we strongly advise reading this page – [Mental Illness & the Family: Is Hospitalization Necessary](#) – for a thorough Q&A and resource listing)
- Local mental health societies
- Regional [public health](#) agencies
- Check the phone book for large therapy/[psychiatric](#) associations
- US Governments Substance Abuse and Mental Health Services Agency for information on [treatment centers](#)
- [American Residential Treatment Association](#)
- [Psychologytoday.com](#) (currently does not list anxiety related centers but does list depression related centers)

--You may also want to reach out to support groups, such as [ADAA's free online peer-to-peer support group](#)

--We also suggest that you engage your peers for recommendations about a specific facility and explore [therapy](#) and [medication](#) options.

What are the person's psychiatric challenges?

- Please carefully read the information that the residential center provides. It's a good idea to contact them (via phone or email) to ask them specific questions about their center. When reading the descriptions of programs, make sure that they accept people with the same range of psychiatric diagnoses.

What is the standard length of care?

- Generally, the standard length of care is 30, 60 days or more. Please verify with the center.

General Questions for a Specific Treatment Center You Might be Considering

--Is your facility licensed and if so in which state?

--How long has the facility been in operation?

--What is the success rate of your treatment center?

- How long have you been formally tracking outcome data for your patients with this disorder and what are the findings?

--Does your facility accept insurance and if so which type? (note that many don't accept insurance)

--What are the costs?

- We suggest that you request a breakdown of specific costs

--What type of professional works at the center? And how long have the staff worked there?

- What is their specific background in the fields of anxiety, depression, and related disorders?

--What is the background of your medical staff and how many years of experience do they have working with this particular disorder?

--What is the general staff turnover?

--What is the involvement of the staff with the clients?

- What is the ratio of staff members to residents?
- What is the level of supervision of the staff?
- How much interaction is there between staff and residents?

--Therapeutic approaches:

You may want to ask the following questions:

- Is clinical treatment offered on or off premise?
- What kind of treatment is offered? (for example, individual or group psychotherapy, vocational development, treatment for co-occurring addictions, CBT, DBT, exposure, equine, talk therapy or others). Make sure you understand the type of treatment they offer.
- How often does a client receive treatment?

--Medication monitoring:

- What is the level of supervision of this activity?
- Is there a procedure by which residents move (at their own pace) toward independent taking of meds?
- Does staff provide education about medication?

--What does my peer group look like?

- What is the age range of residents?
- What is the gender make-up?
- What is the range of psychiatric disorders?

--Family support services:

- How easy are family meetings to arrange?
- Are treatment decisions made with the family?
- Is there ongoing family communication?
- You may want to ask what is the balance between respect for the confidentiality of the adult participating in the program and respect for the need for progress updates on the part of the family who is paying?
- What happens after people leave residential treatment?