

Tips for when seeking professional help.

When seeking treatment for co-occurring disorders, it's essential to ask questions to ensure that the treatment center or professional can meet the needs of you or your loved one.

Here are some important questions to consider asking:

- **What is your approach to treating co-occurring disorders?**
Their answer should help you understand their philosophy and treatment methods. Educate yourself about the difference between harm reduction and abstinence-based programs.
- **Are your programs and staff licensed and accredited?**
They should be able to verify they meet the necessary standards for providing care.
- **Do you offer integrated treatment for both substance use and mental health disorders?**
Their answer should confirm they use integrated treatment methods to address both disorders simultaneously for an improved outcome.
- **How do you assess and diagnose co-occurring disorders?**
Their answer should help you understand their assessment process and the thoroughness of their evaluation.
- **Can you provide references or success stories from past clients? What is their success rate?**
Hearing others' experiences can offer insight into this center or professional's treatment methodologies.
- **Do you provide aftercare, transition or support for recurrence in use?**
Aftercare or transition programs are essential for ongoing support and prevention of recurrence?
- **Do you provide family education and support for loved ones?**
Involvement from family and loved ones can be an integral part of treatment and recovery.

Other Tips to Remember:

- You should never feel talked down to or like your questions are being avoided.
- If you aren't getting the answers you need, ask to talk to someone directly connected to treatment.
- Never hesitate to seek multiple opinions to ensure you find the most suitable support and treatment options for your needs.