

Your Child's Treatment Roadmap

The road to recovery isn't the same for everyone. There are many options to consider for your child or loved one.

Our guide outlines key steps to help you make the right choice for your child and your family. As you navigate your options for treatment, please know that we're here to help along the way with information, support and guidance for the entire family.

Find more information at
drugfree.org/treatment-and-recovery/

Get
Started

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Have you talked with your child about their substance use?

Yes

Not yet

See these [tips](#) for having more constructive conversations with your child.



If you suspect substance use, [learn how to detect the early signs.](#)

2

Is your child open to getting help?

Yes

Not yet

Get to know the options for treatment.

That's not uncommon. Here's some [advice](#) for motivating them to explore treatment.



Has your child received treatment before? It could help to consider a new assessment.

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Explore your options

It's important to educate yourself about all your options.

But keep in mind that a full assessment, discussed below as a next step, will help determine the appropriate level of care.



Counseling

When it comes to individual therapy, you can typically expect sessions in an outpatient or private practice setting.



Intensive outpatient program (IOP)

IOP's offer 6-9 hours of programming per week. Counseling options vary along with psychiatric services.



Partial hospitalization program (PHP)

If PHP is right for your child, they'll live at home or in provided housing while receiving 20 or more hours of programming per week. Counseling options vary along with psychiatric services.



Residential (Rehab)

In residential, sometimes called "rehab" programs, treatment takes place in a residential setting to provide 24-hour structure and at least 5 hours of clinical service per week. The length of your child's stay will depend on the severity of their substance use disorder as well as insurance or ability to pay.



Inpatient

Inpatient is offered to provide 24-hour care including medical services and usually lasts a few days or weeks. Once stabilized, a lower level of care is offered.



Medications to Assist Treatment (MAT)

If your child has an alcohol, nicotine or opioid use disorder, medication may be prescribed to address withdrawal symptoms and cravings, either taken at a clinic or at home.



Detox Reminder

Alcohol or benzodiazepine dependence cases may require detox to be medically supervised.

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What's right for you?

Try to schedule an assessment for your child to determine the best possible care. If that's not possible, there are certain considerations that can help you make the right decision.

Assessment

Use [SAMHSA](#), [ASAM directory](#), or [Psychology Today](#) to find out where your child can have an assessment. It usually takes place in a private practice or intensive outpatient setting although some are done when someone is detoxing in a medical setting.

Assessments, which are typically conducted by independent providers, may include a complete clinical evaluation and substance use screening. These are used to determine the level of care that's appropriate. Insurance will probably cover this, but there may be additional costs.

or

Considerations

Here's what to consider when making the right decision for your child. Insurance benefits and coverage may be a deciding factor as well:

- Distance from home
- Sex of your child
- Other mental health problems
- Age-appropriateness
- Cultural considerations
- Program components
- Staff credentials
- Ability to address physical problems
- School/work support
- Family involvement
- Ability to prescribe medications
- After-care planning
- Tracking outcome measures
- Transportation



Be wary of free assessments

They're likely more about attracting new patients and less about determining what is actually best for your child.

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Is your child insured?

Yes

Find out how much you're covered.

Explore the details

Ask your insurance company about specific substance use treatment benefits, your deductible, co-pay and co-insurance.

What to ask on your first call

No

Don't worry, you still have options.

Explore state-provided services

SAMHSA locator

Addiction counselor on Psychology Today

AA, NA, SMART Recovery and other support groups

Ask providers if they offer a sliding scale or scholarships.

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Find a provider

Obtain all the information you need on finding the right treatment provider for your child.



Connect with a specialist

Our support is free and confidential. Specialists are ready to listen and help you find answers for yourself and your child. Servicio disponible en Español.

You will receive a response to text or email within 24 hours.



Text Connect to 55753



Email a Specialist



Schedule a Call

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Starting treatment

When it's time for your child to begin treatment, it's important you stay involved, connected and aware of everything that can happen. After all, even successful journeys have a few bumps in the road.



Make sure your child signs a release form, and remember to stay up to date on how involved family can be.

Your journey doesn't stop at treatment.

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Continuing care

Start continuing care on day one of treatment. This should always remain a critical part of treatment to keep the journey going strong.



Support groups & recovery coaching

Recovery coaches and support groups can help your child learn how to navigate life in recovery and build social supports.



Ongoing counseling

Building on the foundation of treatment, ongoing counseling can strengthen coping and life skills, address triggers and offer a place to process struggles and successes of recovery.



Living situation

During treatment and in aftercare, providing safe and stable housing is critical whether in the family home, with a relative or friend, or in some form of sober housing.



Naloxone to reverse an overdose

As a safety measure, have naloxone on hand if your child is in treatment for heroin or other opioids.



Medications

Your child may require the support of an addiction psychiatrist to address substance use and other mental health issues. Taking medications as prescribed and managing symptoms with the help of your provider are key.



Structure

Building a full life that includes school, work, hobbies/interests, volunteering, socializing, spirituality, recovery activities and more can lead to better outcomes.



Family support

Reinforcing healthy behaviors, setting limits, using listening skills and attending your own support groups can help your child succeed in recovery.

We're
always
here

Finding the right treatment for your child's substance use is a learning process, and we can help you every step of the way.

Visit us at drugfree.org/get-support/, and we can help you develop an action plan that works for your family.

Our Mission

To transform how our nation addresses addiction by empowering families, advancing effective care, shaping public policy and changing culture.

