

# *Seeking Addiction Treatment*

## **Preparing to Call**

Acknowledging that it's time for you or your loved one to seek treatment for addiction is a brave and loving act that can lead to profound transformation and healing. Translating that acknowledgment into action, however, can be more complicated, and it's often difficult to know where to begin. What should you look for in a treatment facility? How does payment work? What if my loved one doesn't want to go to treatment at all?

At a time when emotions are already running high, it is common to feel lost and unsure about how to take those first steps on the journey towards recovery. If it's your first time thinking about treatment you may feel you are entering an unknown world. If you or your loved one has tried treatment in the past only to relapse, you may be wondering how this time can be different. By exploring the resources below, you can find answers to many common questions and gain a deeper understanding of how addiction treatment works, how to access treatment, and how to select the treatment options that make sense for you and your family.

### *What to Ask When You Call*

Finding the right treatment program is critical to guiding you or your loved one toward lasting recovery. By knowing the right questions to ask, you can ensure that you have the information you need to make the best choices for your family.

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### *Paying for Treatment*

Whether you are using insurance or paying for care privately, understanding your options can help you get the most out of treatment.

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### *What to Do If Your Loved One Resists Treatment*

One of the most frustrating and painful parts of addiction is the way it can prevent addicts from recognizing their own need for healing. If your loved one is refusing treatment, you can take meaningful steps to guide them toward the help they need.

## **– Take the Next Steps –**

At Alta Mira, we understand that you likely have concerns about starting the recovery process and are committed to helping you connect with the support you need to begin healing. If you need additional guidance or would like to know more about the programs offered by Alta Mira, we invite you to contact us at any time.

**Please reach out to us at 888-475-8177.**