Treatment

Find treatment:

- **211 of Manasota** provides information on substance abuse, mental health and other services in Sarasota, Manatee and DeSoto Counties. Dial 211, (941) 308-4357 or 877-211-0444
- Substance Abuse & Mental Health Services Administration (SAMHSA)
  - SAMHSA treatment locator: All facilities listed are licensed, certified or otherwise approved by their State's substance abuse treatment authority. To determine if a facility meets your needs, call them directly.
  - Helpline: 800-662-4357
- **Florida Dept of Children and Families**
- Contact your health insurance for a list of providers.
- Ask your employer if treatment is provided through a drug-free workplace or other employee assistance program.

Special needs:
- Center for Boomer Recovery
- Executive Recovery Program
- Florida Treatment for Elders
- Pregnant/Post-partum women
- Rehab after Work/Rehab after School
- Veterans Treatment Programs

**Treatment begins with detoxification** to clear the body of alcohol and/or drugs, and to manage withdrawal symptoms. The amount of time required to detox depends on the substances involved. *Detox alone is seldom effective.* To prevent relapse, detox should be immediately followed by a comprehensive assessment and referral to appropriate treatment.

A comprehensive assessment provides information about the extent and severity of the substance abuse problem, mental health issues and other problems (e.g., legal). The assessor should be a qualified professional trained in addiction. Read more: [Screening and Assessment](#)

No single treatment is appropriate for everyone. The level of care and type of treatment depends on the individual’s needs as well as their history (e.g., severity of addiction). The best programs offer a variety of therapies and other services, and provide continuity from detox through aftercare. Read more:

- Things to Avoid in Treatment
- Treatment e-book
**Treatment must address the whole person.** Treatment is more successful when mental health and other issues (medical, legal, financial, family, housing, work, education, transportation, child care and social problems) are addressed concurrently.

**Treatment can occur in a variety of settings,** in many different forms, and for different lengths of time. It is often a long-term process involving multiple interventions and regular monitoring. Research shows that most individuals need at least 90 days. Treatment lasting significantly longer is recommended for maintaining positive outcomes. **Therapeutic communities** provide treatment up to 2 years.

**Choose accredited facilities offering evidence-based treatments by licensed addiction specialists.** Look for state licensing and national accreditation (e.g., CARF). Be wary of costly treatments that promise dramatic results or are not covered by insurance. If possible, take a tour of the facility.

**Is treatment effective?** Treatment outcomes for addiction are similar to that of other chronic diseases (e.g., diabetes, hypertension and asthma). Relapses may occur, but should be viewed as a need for renewed intervention. Outcomes depend on the extent and nature of the patient’s problems, the appropriateness of treatment and related services, and the quality of interaction between the patient and treatment providers. (NIDA) Read more:

- Seeking Drug Abuse Treatment: Know What To Ask
- Principles of Drug Addiction Treatment
- Questions to ask treatment programs and staff
- 12 questions to ask every addiction treatment provider

**Addiction affects one in four families.**

- Learn about the family role in addiction: denial, enabling and codependency.
- Watch true stories of people who have faced addiction.
- Many treatment centers offer family support, including children’s programs.

**Relapse is not failure.** Most people will have one or more relapses. If handled well, relapse can be a valuable learning experience. Often, relapse signals the need to make an adjustment or to seek additional or alternate treatment. (NIDA) Read more:

- What Is Relapse?
- 5 Things You Need to Know About Relapse