



**Mental Health
Association
in New Jersey, Inc.**

Choosing a Substance Use Disorder Treatment Provider

There are many good programs available for substance abuse and behavioral health treatment. Often, a suitable program can be found close to home. However, there are other treatment programs which lack appropriate quality assurance and oversight. The following are tips to consider before going into a treatment program:

1. Is the provider in network or out of network? Your out of pocket costs will be significantly lower choosing an in-network provider.
2. Has the provider offered you a free flight to their out of state facility?
3. Has the provider offered to sign you up for insurance? If so, are they paying your premium? The provider can stop paying your premium at any time.
4. Has the provider offered you a scholarship?
5. Does the provider use a patient broker to link you to services? Is the broker receiving a referral fee?
6. Have you received unsolicited referrals?
7. What are the staff credentials?
8. What is the staff to patient ratios?
9. If you receive treatment out of state, do you have the funds to support yourself or return home? Relapse is common.
10. Be careful divulging personal information such as insurance # and social security # until you confirm the person you are speaking with is employed by the facility
11. Does the facility do random urine testing? If so, how often and what lab do they use? Excessive testing can be very expensive and unnecessary.
12. Does the provider do routine DNA testing? This may be unnecessary.
13. Call local police department regarding sober living homes to determine if there is adequate supervision and support. They are a source of information regarding the frequency of emergency treatment services deployed to a particular home.