

What to Consider

According to the Center for Substance Abuse Treatment (CSAT) and the Substance Abuse and Mental Health Services Administration (SAMHSA), the following questions must be considered:

- *Does the student have insurance?
- *Does the treatment program accept insurance or will they consider sliding-scale fees or scholarships?
- *Does the student need medical assistance for detox?
- *Is the facility clean and staffed with trained professionals?
- *Does the program provide dual diagnosis services (for both addiction and depression/anxiety)?
- *Is there a program for parents and other family members?
- *Is there an aftercare or follow-up program?

These are just a few of the many factors to consider when considering a treatment facility.

www.csat.samhsa.gov/12tips/index.html

Programs TCU Students Have Used

Listed below are just a few of the treatment facilities TCU students have used:

La Hacienda www.lahacienda.com
Betty Ford Center www.bettyfordcenter.org
Hazelden www.hazelden.org
Hero House (sober living)
www.theheroouse.org/index.php

Thousands of other treatment facilities exist providing a variety of services. If there are questions, contact the Alcohol & Drug Education Center. Our licensed counselors and professional staff are available to answer questions and help facilitate the transition to a treatment facility.

Types of Treatment Programs

Some treatment programs specialize in working with specific substances such as alcohol or prescription drugs, while others focus on specific populations such as college students, athletes, and/or women. Other programs serve clients with dual diagnosis needs, such as alcoholism and depression. Treatment programs also provide these services in different ways and for different reasons. Ropes course experiences, "tough love" boot camps, and spiritually based programs are examples of the variety of types of treatment options to consider. Whereas it can seem overwhelming with all of the treatment choices, some research suggests that any treatment program can work, regardless of how well the individual was matched with a particular treatment program

(<http://pubs.niaaa.nih.gov/publications/aa36.htm>).



Treatment Facility Locator

One important resource is SAMHSA's Substance Abuse Treatment Facility Locator (<http://dasis3.samhsa.gov/>). This website is a clearinghouse for many treatment programs in the country. Individuals can search by location or by specific facility characteristics to find treatment options that meet specific needs. Another way to locate treatment services in Texas is to contact the Texas Department of State Health Services hotline ([877-9NO-DRUG](tel:877-9NO-DRUG)).

TCU

Payment and Insurance

One of the more difficult problems to address is when students do not have insurance and/or are unable to pay for inpatient treatment services--which can be very expensive (\$25,000+). Outpatient treatment is another option, and many inpatient programs provide both inpatient and outpatient treatment. Another possible treatment provider for individuals without insurance is your local Mental Health Mental Retardation (MHMR). Also, Alcoholics Anonymous (AA) meetings are located in Fort Worth and many cities around the world.

www.alcoholicsanonymous.org/US_CtrOffice/tx.html