

# HOW TO GET HELP

If someone you care about is struggling with addiction, taking the step to seek help can feel overwhelming. However, with the right approach and resources, you can support them on their path to recovery.

**This guide offers practical advice on how to get help, how to have motivating conversations, and how to navigate the process of intervention and treatment.**

## **Educate Yourself:**

Learn about addiction, its effects, and treatment options. Understanding the issue can help you approach the situation more effectively. (This is what you're doing right now!)

## **Provide Information:**

Offer resources and information about treatment options. Having a plan can help make the idea of seeking help less intimidating.

## **Prepare for Resistance:**

Be ready for denial or defensiveness. It's common for individuals to resist the idea of seeking help, so stay patient and supportive.

## **Have an Open Conversation:**

Approach your loved one with care and empathy. Share your concerns without judgment and encourage them to talk about their experiences.

## **Choose the Right Time and Place:**

Find a calm, private setting to talk. Avoid discussing it during stressful moments or when they are under the influence.

## **Suggest Professional Help:**

Suggest the idea of seeking help, emphasizing that it's a sign of strength. Offer to help them find a treatment center or professional.



**Conversation starters:**

**Call today. We're here to help.**



**855-896-4236**

# Conversation Starters:

Having a few **conversation starters** can really help when you're talking to a loved one about something difficult, like addiction. People can react in various ways when confronted, so it's important to **create a safe and supportive environment** before diving into the conversation. Starting the conversation with empathy and understanding can set the stage for a more **positive and helpful discussion**.

It's also good to remember that **many people**—whether or not they're struggling with addiction—**can take feedback personally**, so being **mindful** of how you approach the situation can make a **big difference** in how they respond.



**"I've noticed you've been going through a tough time lately, and I'm really concerned about you. Can we talk about what you're feeling?"** This approach opens the door for them to share their thoughts without feeling judged.



**"I care about you and your well-being, and I've seen some changes that worry me. Would you be open to discussing how you've been feeling and what you might need?"** This shows that your concern comes from a place of love and support, inviting them to share their experience.



**"I want you to know that I'm here for you no matter what. If you ever feel overwhelmed, I'd love to help you find some support."** This lets them know they're not alone and that you're willing to assist them in seeking help.



**"It's okay to not have everything figured out. I'm here to listen if you want to talk about what you're going through or if you're thinking about getting some help."** This reassures them that it's okay to be vulnerable and encourages them to consider seeking help.



**"It's tough to go through things alone, and I can see you're carrying a lot. Would you be willing to share what's on your mind? Maybe we can look into some options for support together."** This shows empathy and offers a sense of partnership in finding a solution.



**The need for intervention:**

**Call today. We're here to help.**



**855-896-4236**

# The Need for an Intervention

We know these **conversations are tough**, but you **don't have to face them alone**. Our team of **trained interventionists and experts** is here to guide you through the process with care and professionalism. We'll help you approach the conversation in a way that feels **supportive and non-judgmental**, maximizing the chances for a **positive outcome**.

**With our help**, you'll create a clear, **actionable recovery plan** and receive the emotional support needed for both you and your loved one. Together, we'll take the next step toward **healing and lasting change**.

## Here's how we can guide you & why it's helpful:

### Navigating Tough Talks:

- We understand that talking to a loved one about their substance use can be overwhelming. The emotions of fear, sadness, and frustration can make it hard to communicate effectively. As professionals, we help guide these conversations in a way that feels safe, supportive, and non-judgmental, so everyone involved feels heard and understood.

### Understanding the Impact:

- Addiction affects more than just the person struggling—it impacts the entire family and those close to them. We can help you articulate how your loved one's behavior affects everyone, making it easier for them to understand the broader consequences. This perspective can be a powerful motivator for change and self-awareness.

### Building Motivation:

- Encouraging a loved one to recognize their situation and seek help is often one of the toughest parts of an intervention. Our team knows how to approach this in a way that's supportive and non-judgmental. We'll work with you to use language that fosters self-reflection and helps your loved one see they have the power and options to make a change.

### Creating a Clear Action Plan:

- Having a clear, structured recovery plan is crucial. We'll work with you to create a step-by-step action plan with realistic, achievable goals. This roadmap not only helps guide your loved one but also makes the recovery process feel more manageable, reducing anxiety about what lies ahead.

### Offering Emotional Support:

- Interventions can be emotionally intense for everyone involved. With our expertise, we provide support not just for your loved one, but for you and other family members too. We offer strategies for managing emotions and self-care, helping everyone stay focused on the goal of recovery and healing.

  
**Removing Obstacles to Recovery**

**Call today. We're here to help.**



**855-896-4236**

# Choosing the Right Treatment Center

If you're **looking for a rehab center to help a loved one** struggling with addiction, we understand how overwhelming this decision can be. At Discovery Point Retreat, we believe that choosing the right treatment center **can make all the difference** in your loved one's recovery journey.

## What Makes Discovery Point Retreat the Right Choice for Your Loved One?

- **Evidence-Based Treatment:** We use scientifically-proven therapies and the latest research-backed methods to ensure your loved one receives the most effective care possible. Our treatments are designed to achieve real, lasting results.
- **Whole-Person Care:** Addiction doesn't exist in isolation—it often involves underlying mental health challenges like anxiety or depression. At Discovery Point Retreat, we treat the whole person, addressing both mental and physical health to support complete healing.
- **Full Continuum of Care:** From medically-supervised detox to residential care and outpatient support, we offer a full range of services that meet your loved one's needs at every stage of recovery. This ensures a smooth transition as they progress toward lasting sobriety.
- **Experienced, Compassionate Staff:** Our team is made up of highly qualified professionals—doctors, nurses, therapists, counselors, and addiction specialists—all dedicated to providing personalized, compassionate care. We're not just here to treat addiction; we're here to help your loved one heal and thrive.
- **Personalized Treatment Plans:** We understand that every individual's journey is unique. That's why we create customized treatment plans that are tailored to your loved one's specific needs, and we adjust these plans as they progress in recovery.
- **Supportive Community:** Recovery is never a solo journey. Our group therapy sessions and peer support programs create a sense of camaraderie and understanding among clients, helping them build lasting connections with others who share similar experiences and goals.
- **Accreditation:** Discovery Point Retreat is accredited by The Joint Commission, a nationally recognized symbol of quality and excellence in healthcare. This means you can trust that your loved one will receive the highest standard of care in a safe, supportive environment.
- **Ongoing Support:** Recovery doesn't end when treatment does. We provide comprehensive aftercare programs and a supportive alumni network to ensure your loved one continues to receive the guidance and encouragement they need to stay sober and maintain their progress.

  
What to look for cont.

Call today. We're here to help.



855-896-4236

# Choosing the Right Treatment Center Cont.

## Questions to Ask When Researching Rehab Centers:

- Is the center accredited by The Joint Commission (JCAHO)?
- What levels of care do they offer (inpatient, outpatient, aftercare)?
- What does a typical treatment schedule look like, including weekend activities?
- Do they offer family support or programs to help loved ones understand and cope with addiction?
- What qualifications and experience do the staff have, and what is the client-to-staff ratio?
- What are the costs, and do they accept insurance? Are there any out-of-pocket expenses?
- What are the center's visitation policies?
- How do they define success in treatment, and what post-treatment support do they offer?

**Choosing a rehab center for your loved one is one of the most important decisions you'll ever make.**

**At Discovery Point Retreat, we're committed to offering the highest level of care and support, guiding your loved one every step of the way on their path to recovery.**

**Let us help you give your loved one the chance for a better future—contact us today to learn more about our programs and how we can assist you in this journey.**



**Call today. We're here to help.**



**855-896-4236**

# Our Intake Process

Before your loved one begins treatment, they'll go through a simple **intake process**. This includes a **phone interview, along with medical, clinical, and psychiatric assessments**. The information we gather **helps us understand their needs** and create a personalized treatment plan to ensure they receive the right care **for the best chance at lasting recovery**.

**During the assessment phase, we conduct a thorough evaluation to gather vital information about your loved one's situation. This process includes several key components:**



**Substance Use History:** We explore how long your loved one has been using substances, the types of substances involved, the frequency and amount of use, and any previous attempts at treatment. Understanding this history helps us paint a clear picture of their relationship with substance.



**Mental Health Status:** It's crucial for us to understand any underlying mental health issues. We assess for conditions such as depression, anxiety, trauma, or other mental health disorders that could be contributing to their substance use. This comprehensive view ensures that all aspects of their well-being are addressed.



**Personal Circumstances:** We also take a close look at your loved one's life situation, including their support system, living arrangements, employment status, and any significant life stressors. These factors can play a significant role in their recovery process.



**Intake continued**

**Call today. We're here to help.**



**855-896-4236**

# Our Intake Process Cont.

## Treatment Planning

Once the assessment is complete, we move on to creating a customized treatment plan tailored to your loved one's specific needs and goals. This plan typically includes:



**Individualized Goals:** We set clear, achievable goals based on the assessment findings. These goals can range from reducing substance use to improving mental health, building coping skills, and enhancing overall well-being.



**Recommended Treatment Modalities:** Depending on their unique situation, the plan may incorporate various therapeutic approaches. This could involve individual therapy, group therapy, family therapy, or medication management, based on what's most appropriate for them.

**Examples:**

- Individual Therapy
- Group Therapy
- Family Therapy
- Medication Management
- Equine Therapy



**Timeline and Milestones:** The treatment plan outlines a timeline for achieving specific milestones, helping your loved one track their progress. This can provide motivation and a sense of accomplishment as they move through their recovery journey.

**Examples:**

- Initial Goals (First Month)
- Mid-Term Goals (Three Months)
- Long-Term Goals (Six Months)
- Check-Ins



**Payment options**

Call today. We're here to help.



**855-896-4236**

# Navigating Insurance & Payment Options

At Discovery Point Retreat, we believe that **cost should never be a barrier** to getting the help you need. That's why we work with a **variety of health insurance** providers to make quality care **more accessible and affordable for you**.

We're in-network with **Aetna, Ambetter, Blue Cross Blue Shield, Cigna, Humana, United Healthcare, and many more**, so there's a good chance your insurance could **cover the full cost of your treatment**.



**Most health insurance plans offer some coverage** for substance abuse and mental health treatment, often referred to as behavioral health benefits. This can include inpatient rehab, outpatient programs, and medication-assisted treatment (MAT), though the details vary by plan.



**To find out if your loved one's treatment will be covered**, just reach out to our admissions team. Our friendly, knowledgeable staff will explain your insurance benefits in simple, easy-to-understand terms and can even check your coverage directly with your insurance provider. We'll make sure you know exactly what services are covered, how long coverage lasts, and if there are any costs involved.



**By verifying your insurance before treatment starts**, we help you make the best decisions for your loved one's care and avoid any unexpected costs along the way.

**No insurance for your loved one? Don't worry! We're here to help you find a way to cover their care.** We understand that financial situations can vary widely, so we'll work together to find a payment option that fits your needs. Just give us a call today at 855-913-3426 to discuss your options.



Credit card



Scholarships



Loans



Employee Assistance Program

**Call today. We're here to help.**



**855-896-4236**