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Discount Drug & Alcohol Rehab Treatment

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There is help available for almost everyone. People that need recovery have choices.

The financial strain of recovery is a real issue for families. In today's uncertain economy, it is often the reason that many delay getting the proper help for their loved one. How much does treatment have to cost? Who pays?

The average cost for a one-month program is about \$20,000. Prices usually begin around \$10,000 and go up to \$40,000 or more. This is a lot of money--seemingly out of reach for most families. But when you consider how much money the addict has blown on drug and alcohol use in the past, and how beneficial this treatment program will be, it is well worth it.

There are ways to defray the cost of treatment. First of all, some employers are willing to help cover the cost; all you have to do is ask. Some insurance companies will cover the cost as well, so families need to find out what their insurance plan will and will not cover. However, many treatment facilities unfortunately do not accept insurance. Dealing with insurance companies is often a paperwork nightmare, and some centers do not have the staff to keep up with what it requires.

Moreover, some insurance companies try to dictate just what type of treatment they will cover and for how long, and this may not fit with a treatment center's philosophy or diagnosis. However, there are centers that do take insurance, and usually they will make all the phone calls concerning coverage and handle the details for you.

If the employer won't help cover the cost of a treatment program, and the insurance plan doesn't cover it--or if it does but the treatment center won't accept insurance money--you should know that many facilities will take people for less than the standard fee--sometimes much less.

Occasionally, patients are able to get ten to fifty percent (or more) off of the normal rate.

Some centers will even let you make payments on a discounted price. In these cases, they are essentially loaning you the money in spite of credit history. How do you find out about these discounts? Ask. That's right--simply ask if there is any way to get a reduced fee.

How are they able to charge less? There may be some scholarship money available, or

sometimes a hospital or a graduate of the treatment program will help cover the cost. If a treatment center sees that a person is able to pay only a portion of the cost, and if it is obvious that the person is motivated to begin recovery, those at the center will be motivated to help as well.

For people working in this field, drug treatment is both a business and a passion. A high percentage of counselors are also recovering people. For most, it's not all about the money. Call around. Ask a lot of questions. You just might be surprised what you find out.

So, what other forms of treatment or support are available?

Twelve-Step Programs

Probably the most obvious are the twelve-step programs. AA (Alcoholics Anonymous) and NA (Narcotics Anonymous) are literally everywhere, all the time, across the world, and they are free.

Al-Anon is also available to the family member who needs support or information. These groups all have listed phone numbers and will give you information twenty-four hours a day.

Is AA or NA appropriate for everyone? This is a tough question. You can sure check it out for yourself. Discourage your friend or family member from making a judgment too quickly after visiting just one group. Each group has its own personality. Sometimes it takes visiting several to find a group that the addict will feel comfortable with. There are different meetings in all parts of town, including: men's, women's, open meetings (where a person doesn't have to be an alcoholic to attend), and speaker meetings.

Some people in certain professional fields might not feel comfortable attending AA or NA meetings, even though the names of those attending, and the content of such meetings, are confidential. Why? Some people are very visible in their community. If a person is a doctor, dentist, police officer, city official, pastor, judge, lawyer, school-teacher, swim coach, school counselor, CEO, pharmacist, pilot, or bus driver, it might be very difficult to stay anonymous.

Most people wouldn't want to jeopardize their career to get support in such a potentially public manner. I wouldn't want to meet my surgeon at an AA meeting! Some people may need to find a different resource, but more often than not, twelve-step groups are very beneficial.

Spin-offs of the traditional twelve-step groups include faith-based groups like Celebrate Recovery, Christians in Recovery and the Salvation Army. The Salvation Army also offers free in-patient recovery programs in some cities.

There is help available for almost everyone. People that need recovery have choices, ranging from those that cost absolutely nothing to such high-priced options as Promises recovery center in California.

Help is out there. Just ask.

Over the past two decades I've seen addicts and families recover from both mild and severe addiction problems. Sadly, there are others who give up the fight before they even get

started. Finding a good support group or counselor doesn't always happen overnight. Get referrals, talk to others who had similar problems, and be persistent.

Determination always pays off.

(article excerpted from the book "Why Don't They Just QUIT?")

Joe Herzanek, a man who battled his own demons of addiction over twenty-five years ago, says, "I know people can change. If I can do it, anyone can!"

A recovering person himself, Joe is the president and founder of Changing Lives Foundation and author of the new book "Why Don't They Just QUIT?" As an addiction counselor in Colorado he has spent thirteen years working in the criminal justice system.

His passion for helping men and women struggling with addiction, as well as their family members and friends, inspire him to offer hope and solutions.

Joe offers words of encouragement: "Addiction is not a hopeless situation," he writes. "Addicts and alcoholics aren't crazy, and they can quit."

Joe and his wife Judy have three children, Jami, Jake, and Jessica, and enjoy the beautiful Colorado outdoors with their two Cairn Terriers, Lewis and Clark.

<http://www.whydonttheyjustquit.com>

<http://www.changinglivesfoundation.org>

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