

10 Things to Consider When Choosing the Right Care

Use this checklist to ask the right questions to ensure you're getting the best care possible for you or your loved one.

ADMISSIONS

Clinical assessments should be performed by master's-level mental health professionals who have the training and qualifications to determine the type of support you need.

- ✓ Are assessments free?
- ✓ Who will help determine the type of care I need?
- ✓ How long does it take to find out if I qualify for care?
- ✓ Does the assessment include a comprehensive evaluation and a treatment recommendation?
- ✓ Does getting an assessment mean I'm obligated to seek care?



INSURANCE

Seek a program that will accept your insurance – or work with you if you don't have insurance.

- ✓ Is the program in-network with most insurers?
- ✓ Who will help me navigate insurance coverage?

CARE TEAM AND TREATMENT APPROACHES

Having an on-site, full-time, integrated care team, including a psychiatrist and a medical doctor, provides the focused clinical expertise you need.

- ✓ Is there a full-time medical doctor on-site?
- ✓ Is there a full-time board-certified psychiatrist on-site?
- ✓ For residential programs, is there 24-hour nursing on-site?
- ✓ Who will make up my care team and how will they work together?
- ✓ Will they use proven and effective therapies?



5 RED FLAGS TO LOOK FOR

These signs might mean that a program is not right for you.

- ✗ Not having full-time doctors on-site
- ✗ Not including family involvement in care
- ✗ Not having a full continuum of care
- ✗ Lack of school support
- ✗ Not covered by insurance

HOUSING AND TRAVEL

Travel may be necessary to access the best care possible.

- ✓ Can I get help if I need to travel for treatment?
- ✓ Can my family stay nearby?
- ✓ Is temporary and affordable lodging available?



CONTINUUM OF CARE

A full continuum of care model provides continuous support from admissions all the way through treatment and after treatment ends. It's important to be matched with the exact support you need at the time you need it.

- ✔ What levels of care are offered?
- ✔ Can you treat patients with more critical or severe eating disorders or mood and anxiety disorders?
- ✔ Will I stay with the same care team?
- ✔ What will happen when I transition to a new level of care? Will I have to tell my story over and over?



ON-SITE AND VIRTUAL TREATMENT

Explore the differences and ask about your options.

- ✔ Can I participate in care virtually?
- ✔ What's the difference between on-site and virtual care?
- ✔ How long has the virtual program been offered?
- ✔ How many patients have you cared for virtually?



INCLUSION AND BELONGING

Choose a program that accepts and celebrates you for the person you are.

- ✔ Do you practice weight-inclusive care?
- ✔ How do you support LGBTQIA+ patients?
- ✔ Do you provide inclusive care for all ages, body shapes and sizes, races, ethnicities, religions, sexual identities, gender identities and expressions?



SUPPORT FOR FAMILIES

Family involvement is an essential part of treatment. Education, resources and family therapy empower your loved ones to better support you during your recovery.

- ✔ Are families involved in treatment for adults? For children and teens?
- ✔ Is family therapy part of the program?
- ✔ Is education and support available for families?



SCHOOL SUPPORT

Look for programs that will support you or your child and create as little disruption as possible.

- ✔ Can my child stay in school while in treatment?
- ✔ How will my child keep up with their schoolwork?
- ✔ Will my child still move to the next grade or graduate on time?



AFTERCARE

Healing doesn't end when you leave treatment. Look for a program that will provide substantial support as you move into your recovery journey.

- ✔ Who will work with my outpatient providers after discharge?
- ✔ Are there free support groups and ongoing education for patients and their families?
- ✔ How do you continue supporting patients once they've been discharged?



To learn more about treatment at ERC Pathlight, call **1-877-825-8584**
or visit EatingRecovery.com | PathlightBH.com.