

Recovery Is Possible

A Loved One's Guide to Addiction and Mental Health Rehab



THE
RECOVERY
VILLAGE

Table of Contents

3	Chapter 1: Signs Your Loved One Is Struggling with Addiction Or Mental Health Issues Learn More: What Are Addiction and Mental Health Disorders?
8	Chapter 2: 10 Myths About Addiction, Mental Health and Rehab
11	Chapter 3: Benefits of Going to Rehab Beyond Saving Your Loved One's Life Learn More: How Family Members Can Support Recovery Learn More: What If My Loved One Refuses Treatment?
15	Chapter 4: 10 Tips for Choosing the Right Rehab Learn More: Choosing Whether to Travel for Rehab Learn More: Red Flags When Choosing a Rehab
19	Chapter 5: Rehab Costs and Payment Options Learn More: Understanding Your Insurance Coverage
22	Chapter 6: What Is Rehab Like? Learn More: What Is Inpatient Mental Health Rehab Like? Learn More: When Can I Call My Loved One in Rehab?
27	Chapter 7: Staying Sober After Rehab Learn More: Supporting Mental Health Recovery After Rehab Learn More: What's the Difference Between a Slip and a Relapse?
31	Chapter 8: How Addiction and Mental Health Impact the Whole Family Learn More: The Hidden Roles Families Play
35	Chapter 9: Repairing Relationships During and After Rehab
38	Getting Your Loved One Admitted to The Recovery Village





CHAPTER ONE

Signs Your Loved One Is Struggling with Addiction or Mental Health Issues

Watching someone you care about change in ways you don't recognize can be heartbreaking and confusing.

Substance use and mental health disorders often hide in plain sight, making it difficult to distinguish between a rough patch and something more serious. But recognizing the signs of a substance use disorder or mental health condition is an essential step in helping a loved one find the support they need.

This chapter outlines the common physical, behavioral, and emotional signs that may indicate someone is struggling. These signs can vary depending on the individual, the specific disorder and the stage of their illness, but taken together, they can paint a clear picture that something is wrong.



A man with dark hair is looking into a bathroom mirror, his hand pressed against his forehead in a gesture of distress or worry. The background shows a tiled wall and a window with some lights visible outside.

Physical Signs

Substance use affects the body in visible ways. These physical changes can be among the earliest and most consistent red flags:

Bloodshot or Glassy Eyes

Unusual eye appearance, including redness, watery eyes, or dilated pupils

Drastic Weight Changes

Sudden weight loss or gain without an obvious medical reason

Poor Coordination

Clumsiness, unsteady movement, or slurred speech

Tremors or Shakiness

Especially noticeable in the hands or fingers

Frequent Nosebleeds

Potentially related to snorting substances like cocaine

Track Marks or Bruising

Puncture wounds, bruises, or sores — common in those using injectable drugs

Neglected Hygiene

Declining attention to personal grooming or cleanliness

What Are Addiction and Mental Health Disorders?

Addiction, or substance use disorder, is a chronic mental health condition recognized by the DSM-5, the standard manual used by psychologists nationwide. It is defined by a pattern of compulsive substance use despite harmful consequences. Addiction affects brain function and behavior, often leading to a loss of control, intense cravings, and difficulty stopping use without help.

Similarly, **mental health disorders** such as anxiety, depression, bipolar disorder, and PTSD involve disruptions in thinking, feeling, mood, or behavior — sometimes making it just as difficult to function without professional support.

It's important to understand that neither addiction nor mental health disorders are character flaws or signs of weakness — they are medical conditions that require compassion, understanding, and evidence-based treatment. The good news is that with the right support and care, recovery is possible.

"I realized I needed treatment when all of my loved ones made it clear to me how painful it was for them to watch me destroying myself."
— Ed Hobson
The Recovery Village
Umatilla (FL)



Behavioral Signs

Behavioral changes often reveal the deeper emotional and psychological toll of addiction or mental health struggles. These shifts can disrupt daily life and relationships:

Risky Behavior

Reckless decisions, sometimes seen in addiction or during manic episodes of bipolar disorder

Unexplained Absences

Missing obligations without clear reasons

Financial Problems

Borrowing money frequently, missing bills — linked either to substance spending or the difficulty of managing daily life with mental health challenges

Changes in Sleep Patterns

Sleeping too much (depression) or too little (stimulant use, mania, anxiety)

Loss of Interest

Withdrawing from hobbies, work, or friendships — a hallmark of depression, PTSD, and addiction

Secretive Behavior

Hiding activities or avoiding questions

Emotional and Psychological Signs

Emotional changes often surface gradually when a loved one is struggling:

Mood Swings

Rapid shifts in mood may indicate substance effects or disorders like bipolar disorder.

Irritability and Defensiveness

Overreacting to concern is common in both addiction and mental health conditions.

Anxiety or Paranoia

Heightened nervousness or fearfulness can result from drug use, PTSD, or anxiety disorders.

Depression

Persistent sadness, withdrawal from loved ones, loss of hope — whether triggered by substance abuse or an independent mood disorder

Low Motivation

Apathy toward goals, responsibilities, and future plans



Substance and Disorder-Specific Signs

Each substance and mental health disorder affects the brain and body differently. Recognizing specific patterns can provide deeper insight into what your loved one may be facing.

Alcoholism Signs

- Frequent drinking, especially at odd times
- Memory lapses or blackouts
- Hiding bottles
- Red face or nose (broken capillaries)
- Withdrawal symptoms (shaking, sweating, nausea when not drinking)

Opioid Abuse Signs (e.g., pre-scripted painkillers, heroin)

- Extreme drowsiness or “nodding off”
- Constricted pupils
- Constipation and nausea
- Track marks or bruising
- “Doctor shopping” for prescriptions

Stimulant Abuse Signs (e.g., cocaine, methamphetamine)

- Hyperactivity and fast talking
- Dramatic weight loss
- Insomnia — staying awake for days
- Paranoia or aggression
- Facial sores or dental problems (“meth mouth”)

Benzodiazepine Abuse Signs (e.g., Xanax, Valium)

- Slowed movements and speech
- Memory difficulties
- Combining with alcohol (risky sedation)
- Anxiety about prescription refills

Marijuana Abuse Signs

- Bloodshot eyes
- Slowed reaction time
- Noticeable smell on clothes or belongings
- Memory issues
- Lack of motivation or ambition

Depression Signs

- Persistent sadness or low mood lasting weeks or longer
- Withdrawal from friends, family, or activities once enjoyed
- Changes in appetite — eating much more or much less
- Fatigue or low energy, even after resting
- Feelings of worthlessness, hopelessness, or excessive guilt
- Difficulty concentrating or making decisions
- Thoughts of death or suicide (seek immediate help)

Anxiety Disorder Signs

- Excessive, persistent worry about everyday situations
- Restlessness or feeling “on edge”
- Trouble sleeping (falling asleep, staying asleep, or waking early)
- Racing heart, sweating, or trembling without physical exertion
- Avoidance of situations that trigger fear or panic
- Irritability or frequent outbursts due to overwhelming stress
- Physical complaints like stomach aches, headaches, or muscle tension.

PTSD/Trauma Signs

- Intrusive memories, nightmares, or flashbacks of a traumatic event
- Hypervigilance — feeling constantly alert or easily startled
- Avoidance of reminders related to the trauma
- Emotional numbness or detachment from loved ones
- Persistent negative emotions such as fear, shame, anger, or guilt
- Self-destructive behavior (substance abuse, reckless decisions)





When It's Time to Say Something

Many loved ones hesitate to speak up out of fear — fear of damaging the relationship, being wrong, or pushing someone away. But silence can be more dangerous than the risk of confrontation. If several of these signs are present, especially over time, it may be time to start a conversation.

Approach with empathy, not judgment. Whether your loved one is struggling with addiction, a mental health disorder, or both, they are not choosing their pain. These are treatable medical conditions that alter brain chemistry, behavior, and emotions. The person you love is still there, even if they're hidden beneath layers of pain, secrecy, and struggle.

Recognizing the signs is not about labeling or accusing — it's about creating an opportunity for healing.





CHAPTER TWO

10 Myths About Addiction, Mental Health and Rehab

Addiction and mental health disorders are among the most misunderstood health issues in our society.

Even well-meaning friends and family members may unknowingly hold beliefs that can prevent someone from seeking the help they need.

In this chapter, we'll challenge ten of the most common myths about addiction, mental health, and rehab — misconceptions that can shape how people view treatment, recovery, and those who are struggling.



1. "Addiction is a choice or a moral failing."

Neither addiction or mental health disorders are signs of weak character or bad decisions. Both are recognized medical conditions. According to the DSM-5, substance use disorders and many mental health disorders are chronic, often relapsing conditions that alter how the brain functions. People do not choose to develop these conditions, but with the right support, they can choose recovery and healing.

2. "People have to hit rock bottom before they can get help."

Waiting for someone to "hit bottom" can be dangerous. In reality, early intervention leads to better outcomes. Addiction is a progressive illness. The earlier it's addressed, the more likely a person is to avoid severe consequences to their health, relationships and future.

"I realized I needed treatment when I got tired of being someone I wasn't, and when I realized I was meant to do more in life. It was when I realized I was made for greatness just like everyone else."

— Alexander Fuentes
Orlando Recovery Center (FL)



"I used to ask the question, 'Am I bad enough to do inpatient treatment?' I should have asked, 'How can inpatient treatment benefit me?' I think they are fundamentally different questions. I underestimated how beneficial taking 30-60 days away from the world in a therapeutic environment is really a game changer for my long-term recovery."

— Chris Groves
The Recovery Village Columbus (OH)



3. "Rehab is only for severe cases."

Treatment isn't just for people in crisis. Many individuals seek support before their lives fall apart. Rehab programs are designed to meet people where they are, whether they're just starting to struggle or have been struggling for years. Seeking help early can prevent things from getting worse.

4. "Treatment didn't work if someone relapses."

Relapse doesn't mean treatment failed. Like other chronic conditions, addiction and mental health disorders often involve periods of progress and setbacks. A relapse is a signal that the treatment plan may need adjustment. It's a chance to re-engage, re-evaluate and reinforce recovery strategies.



5. “You can’t treat addiction and mental health at the same time.”

Not only can [co-occurring disorders](#) be treated together — they should be. Depression, anxiety, PTSD, and other mental health conditions are often linked to substance use. The most effective treatment approaches address both issues at once, leading to more lasting recovery.

6. “All rehab programs are the same.”

No two people experience addiction or mental health conditions the same way, and not all treatment centers offer the same level of care. The most effective rehab programs provide individualized treatment — including medical detox, therapy, psychiatric care, family support, and aftercare planning — tailored to the person’s unique needs and circumstances. [Learn why](#) we’re in the top 1% of rehabs nationwide.

7. “You can always tell when someone is addicted or struggling.”

Struggles with addiction or mental health aren’t always visible. Many individuals maintain jobs, relationships, and daily routines while silently dealing with internal challenges. This is especially true with [high-functioning alcoholism](#), hidden anxiety, or masked depression. Judging by appearances alone can cause us to miss the opportunity to offer help.

8. “If they really wanted to stop or get better, they would.”

Addiction and mental health conditions change brain chemistry in ways that make recovery extremely difficult, even for someone who desperately wants to heal. Wanting to change isn’t always enough. Medical support, therapy, medication and time are often necessary to stabilize brain function and empower lasting change.

9. “Rehab is too expensive, only wealthy people can afford it.”

While cost can be a real concern, many treatment options are more accessible than people realize. Health insurance [often covers](#) a significant portion of addiction and mental health treatment. Many programs also offer financing plans, scholarships, or sliding-scale fees. Nonprofit and state-funded centers can also provide quality care at lower or no cost.

10. “Detoxing at home is just as safe as going to treatment.”

For certain substances — such as alcohol, benzodiazepines, and opioids — unsupervised detox can be dangerous or even life-threatening. Similarly, severe withdrawal from antidepressants, mood stabilizers, or untreated mental health crises (like suicidal ideation) requires professional oversight. [Medical detox](#) and stabilization provide a safe, supportive environment where symptoms can be monitored and managed by professionals.

Challenging these myths takes courage. But understanding the truth about addiction and mental health rehab can be a powerful first step. It opens the door to compassion, informed decisions and real opportunities for healing.





CHAPTER THREE

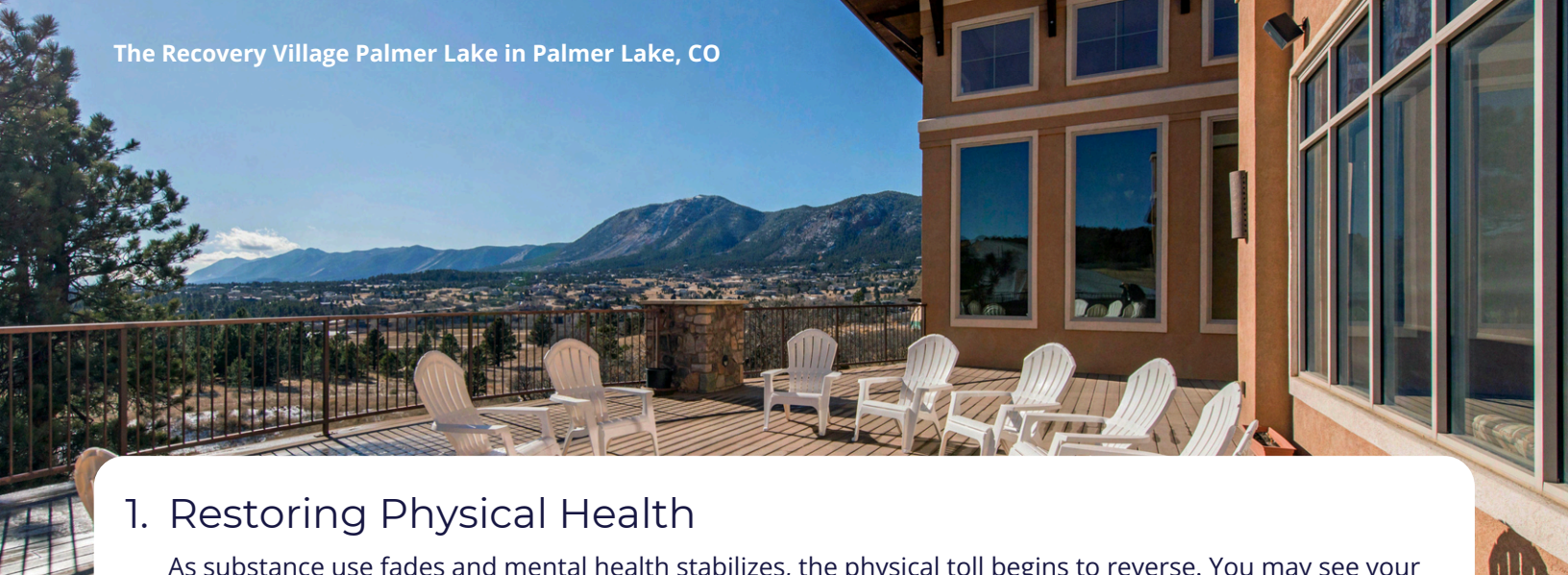
Benefits of Going to Rehab Beyond Saving Your Loved One's Life

When someone you love is struggling with addiction or mental health challenges, it's easy to feel like the best possible outcome is simply their survival.

But the truth is, recovery offers so much more than just staying alive. A well-designed treatment program can restore not only your loved one's health but also the relationships, routines, and emotional bonds that may have been disrupted.

In this chapter, we'll explore ten key benefits of rehab that go beyond life-saving care. These are the changes that can help families reconnect, rebuild trust, and begin to heal together.





1. Restoring Physical Health

As substance use fades and mental health stabilizes, the physical toll begins to reverse. You may see your loved one looking healthier, more rested, and more present than they've been in a long time. Improvements in energy, appetite, and sleep can help them re-engage in daily life — and in your life too.

2. Rebuilding Relationships

Addiction and mental health struggles often damage relationships through broken trust, conflict, or emotional distance. Rehab offers a safe space for your loved one to begin repairing those bonds. Family engagement sessions, communication skills, and emotional accountability are often part of the healing process, helping you both reconnect in healthier ways.

3. Learning Healthy Coping Strategies

In treatment, your loved one will learn tools for managing stress, anger, guilt, and temptation — skills that can lead to fewer arguments, fewer emotional outbursts, and a more stable home life. These new coping strategies help replace destructive patterns with healthier interactions.

“For the first time in a long time I’m able to live without depression and anxiety controlling my life. I can stop avoiding my problems and have the tools to tackle them head on.” — Stephen Simonson, IAFF Center of Excellence for Behavioral Health Treatment and Recovery (MD)



How Family Members Can Support Recovery

Supporting a loved one in recovery isn't about having all the answers — it's about staying present, informed, and emotionally balanced. Here are a few simple ways to be part of the process without taking it all on yourself:

- **Learn About Addiction and Mental Health**
Understanding addiction as a disease can help shift frustration into compassion.
- **Respect Boundaries**
Recovery often comes with new boundaries for both parties. Respecting them builds trust and emotional safety.
- **Attend Family and Education Sessions**
Many rehab centers offer opportunities for families to learn, heal and communicate more effectively together.
- **Avoid Enabling**
Helping doesn't mean rescuing. Let your loved one take responsibility for their recovery while offering emotional support.
- **Practice Self-Care**
You can't pour from an empty cup. Take time for your own mental, physical and emotional health.
- **Celebrate Progress, Not Perfection**
Recovery is a journey; small wins matter. Acknowledge with encouragement and patience.



4. Gaining Emotional Stability

When someone is struggling with untreated addiction or mental health conditions, their moods can be unpredictable. Through therapy and support, rehab helps them regulate their emotions and respond more calmly to daily stressors. For families, this often means less chaos, fewer conflicts, and a greater sense of safety and peace.

5. Building a Support Network

Recovery isn't something your loved one has to do alone. Rehab helps them form a network of peers and professionals who can support them long after treatment ends. This also takes some pressure off family members who may have felt solely responsible for keeping their loved one afloat.

6. Identifying and Treating Underlying Mental Health Conditions

Many people in recovery are also managing depression, anxiety, trauma, or other mental health challenges. When these are diagnosed and treated alongside addiction, your loved one is more likely to achieve lasting stability. That makes it easier for you to trust their recovery process and envision a future together.

"After rehab, I'm able to wake up every day without being sick, my family and friends see my progress, and I get to spend time with my son. I'm learning how to love myself again."
— Isaiah Richardson
The Recovery Village
Cherry Hill at Cooper (NJ)



7. Developing Life Skills

Rehab isn't just about quitting substances or managing symptoms — it's about helping people rebuild their lives. From managing money to keeping a job to planning meals, these practical skills allow your loved one to become more independent and responsible. This can relieve stress on family members who've been picking up the pieces.

8. Finding Purpose and Self-Worth

Addiction and untreated mental health struggles can erode a person's confidence and sense of identity. In rehab, your loved one has the chance to rediscover who they are without substances or overwhelming symptoms. Watching them reconnect with their values, passions, and goals can be one of the most hopeful and healing experiences for a family member.

"I know I am on the right path! I have more energy, positivity, focus, and love for myself. I am embracing the process, being gentle with myself, continuing to do the work, and loving sobriety. It feels like I'm meeting myself and I like who she is."

— Katie Brennan
The Recovery Village
Palmer Lake (CO)



9. Preventing Future Health Crises

By addressing substance use and mental health conditions early, rehab can help your loved one avoid serious medical complications down the line. This can ease long-term worries for you as a caregiver, parent, or partner who has spent months — or years — waiting for the next emergency.





What If My Loved One Refuses Treatment?

It's heartbreaking when someone you care about refuses help. While you can't force them into treatment, there are constructive steps you can take:

Educate Yourself

Understanding addiction as a disease can help shift frustration into compassion.

Set Boundaries

Establish clear boundaries to protect your well-being. This might mean refusing to cover up for their behavior or declining to provide financial support that enables their addiction.

Avoid Enabling Behaviors

Resist the urge to shield them from the consequences of their actions. Allowing them to face the natural outcomes of their behavior can sometimes prompt a desire for change.

Seek Support for Yourself

Consider joining support groups like Al-Anon or seeking therapy to navigate the emotional toll of a loved one's addiction.

Consider a Professional Intervention

If direct conversations haven't been effective, a [structured intervention](#) led by a professional can sometimes encourage someone to accept help.

Understand Legal Options Are Limited

In some states, [involuntary commitment](#) for substance abuse treatment is possible under specific circumstances. However, civil commitment laws vary significantly from state to state, including the length of time, process and criteria.



Rehab is more than just a place to get sober. For many families, it becomes the beginning of healing — an opportunity to reconnect, grow stronger together, and look forward to a more peaceful future.

Watching your loved one transform doesn't just change their life. It changes yours too.

The Recovery Village is a **voluntary treatment facility**. All clients enter treatment willingly, and can leave at any time, even against medical advice. While you can't control your loved one's choices, you can control how you respond. Set healthy boundaries to create an environment that encourages recovery and protects your own well-being.





CHAPTER FOUR

10 Tips for Choosing the Right Rehab

Choosing a rehab program for someone you care about can feel overwhelming. With so many options and so much at stake, families often find themselves asking, “How do we know what’s best?”

The good news is that there are clear, evidence-based factors that separate quality treatment from the rest.

This chapter walks you through ten things to look for when choosing a rehab, so you can feel more confident that your loved one is in good hands.

The Recovery Village
Kansas City in Raytown, MO



1. Verify Accreditation and Licensing

A reputable rehab facility should be fully accredited by national organizations like The Joint Commission or CARF, which set rigorous standards for safety, quality and care. Accreditation gives families peace of mind that the program meets clinical best practices and is regularly reviewed for compliance.

The Recovery Village is proud to be accredited by [The Joint Commission](#) across all our locations.



2. Check the Credentials of the Staff

Treatment outcomes improve when care is delivered by licensed professionals with expertise in addiction medicine and mental health care. Look for a team that includes doctors, nurses, licensed therapists, psychiatrists, and addiction counselors.

At The Recovery Village, care is delivered by a multidisciplinary team of experts with 300+ credentials and years of experience in addiction and mental health disorders.

3. Look for Individualized Treatment Plans

No two people experience addiction or mental health conditions the same way. Effective rehab programs tailor treatment plans to each person's background, health needs, and recovery goals.

Every patient at The Recovery Village receives a customized care plan designed to meet their specific physical, emotional and psychological needs.

4. Confirm Medical Detox Services Are Available

Withdrawal can be dangerous without medical supervision. If your loved one is using substances like alcohol, opioids or benzodiazepines, detox should be medically managed in a safe, monitored setting.

The Recovery Village provides 24/7 [medically supervised detox services](#) as a first step in the treatment process.

5. Evaluate Mental Health Support

Many people with substance use disorders also struggle with depression, anxiety, PTSD or other mental health conditions. The rehab you choose should have resources for integrated, dual diagnosis treatment.

Our programs at The Recovery Village are designed to treat [primary](#) and [co-occurring](#) mental health disorders and addiction, helping your loved one heal on every level.

6. Ask About Family Involvement

Addiction and mental health challenges affect the whole family — and healing should too. Look for programs that offer family engagement, education, and opportunities to be part of your loved one's recovery journey.

The Recovery Village includes [family engagement sessions](#) and resources to help you understand your loved one and rebuild stronger relationships.



7. Explore Aftercare and Relapse Prevention Plans

What happens after rehab is just as important as what happens during it. Quality programs provide aftercare planning that includes ongoing therapy, peer support and relapse prevention tools.

Our team at The Recovery Village works with every patient to create a personalized [aftercare plan](#) that supports long-term success.

8. Understand the Levels of Care Offered

The right level of care depends on many factors — like the severity of addiction, mental health needs and history of relapse. Some people need 24-hour residential care, while others may do well in outpatient treatment.

The Recovery Village offers a full continuum of care, from [inpatient](#) to [outpatient](#) services, so your loved one receives the right support at the right time.

9. Review Insurance and Payment Options

Cost is a real concern for many families, but it shouldn't be a barrier to care. Look for treatment centers that accept a range of insurance plans and offer flexible payment options.

The Recovery Village works with most major insurance providers and offers guidance on financing and benefits to reduce out-of-pocket costs. We can [verify your benefits](#) in minutes over the phone or online.

Choosing Whether to Travel for Rehab

When considering treatment, families often prefer facilities close to home. However, exploring options beyond your immediate area can offer significant advantages:

A Fresh Start

Rehab away from familiar environments provides a clean slate, free from local triggers and routines.

Increased Privacy

Seeking treatment out of town offers greater confidentiality and space to focus fully on recovery.

Access to Specialized Programs

Traveling expands available options, potentially connecting your loved one with dual diagnosis care or holistic therapies not offered locally.

Enhanced Commitment

Being in a new environment can strengthen commitment to treatment and reduce temptations to leave early.

Important Considerations:

- **Family Involvement:** Distance might make in-person family participation challenging. The Recovery Village offers virtual family engagement sessions via video and phone calls, allowing you to remain closely involved in your loved one's recovery journey.
- **Insurance Coverage:** Insurance plans may have restrictions on out- of-state treatment. Our Recovery Advocates can verify your benefits quickly, within minutes over the phone or online, ensuring clarity on coverage before making your decision.

Considering treatment away from home can be a powerful step toward lasting recovery — one that broadens your loved one's options and strengthens their chance of success. Explore our locations nationwide to find the best treatment near you.



10. Read Reviews and Testimonials

Hearing from other patients or families can offer insight into the rehab experience. Look for authentic testimonials that speak to the program's culture, professionalism and long-term support.

Thousands of families have trusted The Recovery Village with their loved one's care. Our [reviews](#) and [testimonials](#) reflect a strong commitment to quality, compassion and results.

Red Flags When Choosing a Rehab

When you're searching for treatment, it's hard to know who to trust. Sadly, not every rehab center has your loved one's best interest at heart. Some are poorly run, unlicensed or even fraudulent. Here's how to spot warning signs that a program may not be legitimate or safe.

Lack of Accreditation or Licensing

Legit facilities are accredited by organizations like The Joint Commission or CARF and licensed by their state. No credentials? Big red flag.

No Real Facility Photos

Listings that show only stock images, an office building, or no photos at all may not be real treatment centers. Reputable programs show their grounds, interior spaces, and living accommodations.

Guaranteed Success

Recovery has no guarantees. If a center claims they can "cure addiction" or promise a 100% success rate, they're not being honest.

Pressure to Admit Immediately

Ethical admissions staff will help you make informed decisions, not pressure you. If someone is using high-pressure tactics like being rude or overly aggressive or refusing to give you time to review options, be cautious.

Unqualified or Unlicensed Staff

Make sure medical staff, therapists, and counselors have credentials you can verify. Titles like "coach" or "advisor" are not the same as licensed professionals.

No Clear Aftercare Plan

Treatment doesn't end at discharge. A center that doesn't offer relapse prevention support or aftercare planning may be more interested in filling beds than helping people stay sober.

Suspicious or Missing Reviews

Too many glowing reviews that sound the same, no reviews at all, or consistently negative feedback should raise concern. Check multiple sources, including Google or the Better Business Bureau.

No Transparency About Costs

Legitimate centers will explain treatment costs, insurance options, and payment plans. Vague or evasive answers about pricing may signal hidden fees — or worse.

Involvement with Patient Brokers

Some "centers" are just call centers routing people to the highest bidder. If the person you speak with can't clearly tell you the name, location or details of the program, walk away.

A good treatment center won't just be credentialed — they'll be open, respectful, and willing to answer your questions without pressure. Trust your gut. If something feels off, it's okay to keep looking.



The Recovery Village Has What Matters Most

When you're looking for a treatment program, it helps to know what quality care looks like. The Recovery Village meets every benchmark in this chapter, from accreditation and medical detox to family involvement and aftercare. With a full range of services and a team of experienced professionals, we're here to support your loved one — and you — every step of the way.





CHAPTER FIVE

Rehab Costs and Payment Options

For many families, the thought of paying for addiction or mental health treatment is daunting. You might already feel emotionally and financially exhausted from helping your loved one manage their struggles. When the word “rehab” comes up, it’s common to think, *“How could we ever afford that?”* But treatment doesn’t have to be out of reach.

Understanding what impacts the cost — and how to navigate payment options — can make this step feel more manageable and less overwhelming. Let’s walk through what you can expect when it comes to costs, coverage, and support.



A photograph of an older man with a grey beard and a younger woman with brown hair tied back, both looking at each other in conversation. The background is blurred, showing what appears to be a cafe or a casual meeting space.

Understanding What Rehab Might Cost

The price of addiction treatment varies widely, depending on a few key factors:

Level of care

Inpatient (or residential) rehab generally costs more than outpatient programs because it includes round-the-clock supervision, lodging, meals, and full-time therapeutic care.

Length of stay

A longer stay often means a higher total cost, though it may be more cost-effective in the long run if it reduces relapse risk.

Types of services offered

Facilities that offer specialized treatment like medical detox, dual diagnosis care, or medication-assisted treatment may have higher fees.

Facility setting and amenities:

Rehab centers range from hospital-like environments to more private, resort-style facilities. This can influence cost significantly.

As a general range, 30-day inpatient programs can cost anywhere from \$6,000 to over \$20,000. Outpatient programs may range from \$1,000 to \$10,000 or more, depending on the intensity and services included.

Understanding Your Insurance Coverage

Health insurance can feel overwhelming, especially during an already stressful time. But learning a few key terms can make it easier to understand what's covered — and what costs might still be your responsibility.

- A **deductible** is the amount you pay out of pocket before your insurance starts helping with the cost of treatment. For example, if your deductible is \$2,000, you'll need to meet that amount first, though some services may be partially covered even before you reach it.
- The **out-of-pocket maximum** is the most you'll pay for covered services in a year. Once you hit this cap, your insurance covers 100% of eligible expenses. This limit includes what you've already paid toward your deductible, copays, and coinsurance.
- A **copayment**, or copay, is a fixed dollar amount you pay for certain services, like \$25 for a therapy session or \$10 for a prescription. These small fees can add up, but they're usually predictable.
- **Coinsurance** is a percentage you pay for a service after meeting your deductible. For instance, if your plan has 20% coinsurance and the service costs \$200, you would pay \$40 while your insurance pays the remaining \$160.

Understanding these terms can help you feel more confident in planning for care. If you're still unsure how it all fits together, our Recovery Advocates are always available to help explain your specific benefits.



How Insurance Can Help

Many families are relieved to find out that health insurance often covers a significant portion of addiction treatment. That includes inpatient rehab, outpatient programs, and medication-assisted treatment.

At The Recovery Village, our Recovery Advocates can [verify your insurance benefits](#) over the phone or online in just a few minutes. This quick step gives you a clearer idea of what's covered and what your out-of-pocket responsibilities might be. Even with some out-of-pocket costs, insurance can dramatically reduce what you'll pay for treatment and make rehab far more accessible than you might think.

What If Your Loved One Doesn't Have Insurance?

If your loved one is uninsured or underinsured, treatment is still possible. Many facilities offer flexible [payment options](#):

- **Sliding scale fees**
The cost is adjusted based on income and financial situation.
- **Payment plans or financing**
Monthly installment options can make large costs more manageable.
- **Grants or scholarships**
Some programs have funding available to help people access care regardless of their ability to pay.

Additionally, state-funded programs and nonprofit facilities may provide low-cost or no-cost treatment. While these may have more limited services or longer waitlists, they're valuable options for families navigating financial constraints.

Supporting Your Loved One Through Financial Planning

If you're helping a loved one prepare for treatment, here are a few steps you can take:

- **Assist with insurance verification**
Help gather policy information or connect with the treatment center's admissions team.
- **Ask early about payment plans**
Many families don't realize this is an option until they ask.
- **Explore all resources**
Recovery Advocates can even refer you to other trusted treatment centers if we're not the best fit — your call with us can still be a starting point for finding help.

Most importantly, remember: seeking help is a powerful investment in your loved one's future — and in your family's healing.

Why Treatment Is Worth the Investment

It's understandable to hesitate at the price tag of rehab. But consider what untreated addiction can cost over time — both financially and emotionally. Without treatment, families may face:

- Frequent ER visits or hospitalizations
- Job loss or missed work
- Legal trouble and court fees
- Emotional exhaustion and strained relationships

When you compare those ongoing costs with the one-time investment in comprehensive treatment, rehab often proves to be the more cost-effective and life-restoring option.





CHAPTER SIX

What Is Rehab Like?

When someone you love enters treatment, it's natural to wonder what their days will look like.

You might imagine clinical hallways, isolation, or a hospital-like atmosphere. But in reality, rehab is often a place of structure, community, and healing — a calm space where your loved one can begin to rebuild their life, one day at a time.

Understanding what rehab is really like can ease your fears and help you support your loved one more confidently as they begin their recovery journey.





The Recovery Village Palm Beach at Baptist Health in Palm Beach, FL

A Structured Routine to Restore Balance

Rehab programs are intentionally structured. Each day follows a routine designed to promote stability, reduce anxiety, and support healing. This consistent schedule helps replace the chaos of active addiction or unmanaged mental health symptoms with predictability and purpose.

Mornings usually begin early, often with a light wellness activity or group reflection. The rest of the day is built around therapy sessions, educational programming, and time for meals, exercise, and rest. In the evenings, patients might attend peer-support meetings, journal, or relax with recreational activities.

This rhythm isn't rigid for the sake of control — it's about creating an environment where the mind and body can recover.

Detox Comes First, If Needed

If your loved one is still actively using substances when they enter treatment, the first step may be a [medical detox](#). This is a supervised process where the body clears substances in a safe, controlled setting.

Detox typically lasts a few days and is overseen by medical professionals trained to manage withdrawal symptoms. Once detox is complete and your loved one is medically stable, they'll transition into the full rehab program to begin the emotional and psychological work of recovery.

What Is Inpatient Mental Health Rehab Like?

At The Recovery Village, our inpatient mental health rehab programs help people focus fully on their mental health in a safe, supportive environment. This is a *subacute residential program* — designed for individuals who need extra support and structure but *do not* require emergency psychiatric care. During their stay, clients receive:

- A personalized treatment plan made just for them
- Daily group therapy and individual therapy
- Medication management and support from licensed medical staff
- Healing activities like yoga, exercise, and art sessions

Our inpatient mental health rehab is ideal for people who:

- Have a mental health diagnosis like depression, anxiety, PTSD, bipolar disorder, or schizophrenia
- Want a stable, structured place to focus on healing
- Are ready and willing to engage in treatment

Clients who also struggle with substance use can receive dual diagnosis care — treating both mental health and substance challenges together for better outcomes.

This program is different from a hospital or crisis center. It's a place to stabilize, grow, and start the journey toward long-term healing, surrounded by professional support every step of the way.



Therapy at the Heart of Healing

The core of rehab is therapy. Through both individual and group sessions, your loved one will begin to explore the roots of their addiction, build healthier coping strategies, and learn how to manage life in a more stable way.

In [individual therapy](#), they'll meet one-on-one with a licensed counselor to address personal experiences, mental health challenges, or trauma that may be contributing to their condition. These sessions are confidential and tailored to their needs.

[Group therapy](#) provides connection and accountability. In these sessions, participants share their experiences and listen to others who are facing similar struggles. It's a space where shame can start to dissolve, and where people realize they're not alone.

Rehab programs often offer a variety of therapeutic approaches, including:

- **Cognitive Behavioral Therapy (CBT)**
Helps reframe negative thoughts and behaviors
- **Dialectical Behavior Therapy (DBT)**
Teaches emotion regulation and interpersonal skills
- **Motivational Interviewing (MI)**
Builds internal motivation for lasting change
- **Cognitive Processing Therapy (CPT)**
Addresses trauma-related thoughts and beliefs
- **EMDR (Eye Movement Desensitization and Reprocessing)**
A treatment for processing trauma
- **Recreational Therapy**
Uses activities and movement to support emotional and social growth

This range of therapies ensures your loved one receives a well-rounded approach to healing — emotionally, mentally, and physically.

"I know I was not attracted to the idea of being in a strange place, surrounded by strange people, for 30 days. I was terrified to go through such a challenging process without my family or friends by my side. I will say that my experience and what I was able to take from RVR, I have never been able to find in a meeting."

— Grace LaFortune
The Recovery Village
Ridgefield (WA)



The Recovery Village Columbus
in Groveport, OH



When Can I Call My Loved One in Rehab?

It's completely normal to want to hear your loved one's voice once they've entered treatment. But early in rehab, communication is often limited for an important reason: to help them fully focus on recovery without outside distractions.

Most facilities, including ours, have a "blackout period" during the first few days or weeks. This allows time for medical stabilization, mental clarity, and emotional adjustment. It can be tough, but it's a vital step toward long-term healing.

If you're preparing to admit your loved one, it's a good idea to **ask about the facility's phone policy during the admissions process**. That way, you'll know what to expect, when communication may be allowed, and how best to support their recovery from the very beginning.

"I had just completed my first week and I couldn't have been in lower spirits. I was near to walking out, then Jimmy, the recreational therapist, shared his story. It was so close to my own that it struck a chord and I finally had my moment of catharsis. I had my phone call with my wife that night and I spent half of it sobbing. That barrier that I put up to fend off the world finally came crashing down."

— Ovie Fleites, The Recovery Village Palm Beach at Baptist Health (FL)



Treatment Plans That Evolve

No two people in recovery are exactly alike. That's why every patient receives a personalized treatment plan based on their substance use history, mental health needs, and personal goals. Plans may include medication, trauma care, nutritional counseling, and life skills training.

As your loved one progresses, their treatment plan may shift to reflect new needs and milestones.

A Compassionate, Respectful Environment

Rehab isn't a punishment. It's a supportive space where people are treated with dignity and encouraged to grow. Staff members are trained not only in clinical care but in empathy. They understand that addiction is a disease, not a moral failure.

Your loved one will be met with encouragement, structure, and patience — not shame or blame.



The Recovery Village Cherry Hill at Cooper in Cherry Hill, NJ



The Recovery Village South Atlanta in Stockbridge, GA





Boundaries That Promote Focus

Rehab programs set clear boundaries that support recovery. These might include:

- No drugs, alcohol, or contraband on-site
- Limited phone or internet access during early stages
- Required participation in scheduled activities

These rules aren't about control — they're about creating a safe, distraction-free environment where healing can take root.

Families Are Part of the Process

You're not left out of the picture. Many rehab programs include video call with family, educational resources, and designated times for communication and visitation. These touchpoints help rebuild trust and teach families how to support recovery without enabling.

Even when you're not physically present, your support is deeply woven into the healing process.



A Place to Begin Again

More than anything, rehab offers your loved one a chance to pause and reset. It's a break from crisis, from survival mode, from the weight of addiction or unmanaged mental health struggles. It's a place to learn, to feel, and to grow — with guidance and support every step of the way.

For many people, it's the first time in a long time they can simply breathe.



The Recovery Village
Indianapolis in
Indianapolis, IN





CHAPTER SEVEN

Staying Sober After Rehab

When your loved one completes rehab, it can feel like a major victory — and it is.

Whether they were working through addiction, mental health challenges, or both, completing treatment is a huge milestone.

But the end of treatment isn't the end of the journey. In many ways, it's just the beginning. Recovery is a lifelong process. And the first few months after leaving rehab are especially vulnerable to setbacks.



Aftercare Planning Starts Before Discharge

A good rehab program doesn't just help someone get sober; it helps them stay that way. Before discharge, your loved one will work with their treatment team to create a personalized [aftercare](#) plan. This plan outlines what support they'll need in the days, weeks, and months ahead. Common aftercare components include:

- Ongoing therapy, both individual and group
- Medication-assisted treatment, if applicable
- 12-step or peer support meetings
- Relapse prevention strategies
- Referrals to outpatient programs or sober housing

This plan acts like a roadmap that guides your loved one through the transition back to daily life.

Supporting Mental Health Recovery After Rehab

If your loved one entered treatment for a mental health condition — such as depression, anxiety, PTSD, or bipolar disorder — their recovery journey will also need ongoing care and support. Important steps for maintaining mental health stability after rehab include:

- Continuing therapy with licensed mental health professionals
- Following medication plans as prescribed by their provider
- Building daily structure that includes healthy sleep, nutrition, and physical activity
- Recognizing emotional triggers and using coping strategies learned in treatment
- Staying connected to supportive people, including peer support groups when available

Just like in addiction recovery, setbacks can happen. If symptoms worsen, encourage your loved one to reach out to their treatment team early — before a crisis occurs.

Your encouragement, understanding, and willingness to support healthy routines can make a powerful difference as they continue building a stronger, more stable life.

"I have been in and out of recovery for almost 18 years. I would be what most would consider a chronic relapser. With one of the counselors, we really looked in-depth at each of my relapses over the years. While each relapse looked different on the surface, when we dug down, we found points at which they were all the same. Along the path to my relapses, I identified 3 big red flags; the first of which is disengaging and stopping attendance at 12-step meetings. These 3 red flags today are things I know will lead me to a relapse and I know if I intervene at those points, the path to relapse is stopped. It has REALLY strengthened my recovery."

— Chris Groves
The Recovery Village Columbus (OH)



Structure Makes Sobriety Stronger

A major goal of early recovery is replacing chaos with routine. Predictability brings calm, and calm supports sobriety. A strong daily routine might include:

- Waking and sleeping at consistent times
- Regular meals and physical activity
- Scheduled therapy or support group attendance
- Time for work, school, or volunteering
- Moments for reflection, creativity, or spiritual practice

When days have structure, there's less room for boredom, stress, or impulsivity. These are all common relapse triggers.

Steering Clear of Triggers

One of the most powerful things your loved one will learn in rehab is how to recognize and manage their triggers — the people, places, emotions, or situations that increase the urge to use substances. Some triggers are subtle, like stress, loneliness, or sudden changes in routine. Avoiding triggers might mean:

- Not attending certain social events
- Setting boundaries with old friends
- Skipping family gatherings where alcohol is present

It's not about isolation. It's about protection. Over time, with support and confidence, your loved one can learn to handle challenges more skillfully.

"I am still sober, continuing outpatient treatment, living in sober housing, reconnecting with my wife, family and friends... Just living a happier, healthier life that I couldn't have imagined before RVR."
— Dylan Zabriskie
The Recovery Village Ridgefield (WA)



Staying Connected to Therapy and Peer Support

Recovery isn't a solo project. Even after leaving rehab, ongoing therapy and community support remain essential. Therapy provides space to:

- Process emotional challenges
- Address trauma or mental health issues
- Reinforce healthy habits and thought patterns

Peer groups like 12-step programs, SMART Recovery, or other support communities offer connection, accountability, and shared understanding.

Sober Living as a Stepping Stone

Returning home right after treatment isn't always the safest or most supportive option. For some, especially those without stable housing or strong local support, a sober living residence can be a vital next step. These homes provide:

- A structured, drug-free environment
- Peer accountability
- Clear rules and routines
- Support as individuals rebuild independence

Sober living can serve as a helpful bridge between rehab and fully independent living.

How You Can Support Without Controlling

As a loved one, your support matters more than you may realize. So does how you offer it. You can help by:

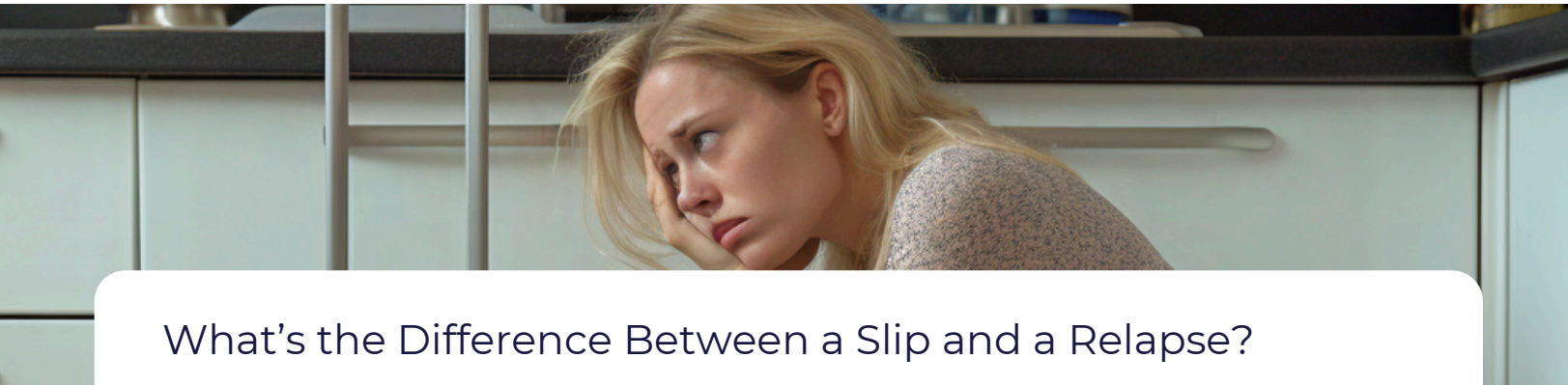
- Participating in family engagement or educational programs
- Respecting boundaries and routines, even if they're new to you
- Avoiding substance use in front of your loved one, especially in early recovery
- Offering encouragement without pressure

Recovery is delicate. Your presence, patience, and willingness to grow alongside your loved one can be deeply healing.



If Relapse Happens, It's Not the End

Relapse is a possibility, not a failure. It's a signal that something in the recovery plan needs adjustment, not that the effort was wasted. If a relapse occurs, the best response is compassion, not panic. Encourage your loved one to reconnect with their support system and revisit their treatment team. The sooner they re-engage with care, the better the outcome.



What's the Difference Between a Slip and a Relapse?

Hearing that your loved one used again after treatment can be heartbreaking. But not every setback means they've abandoned recovery. Understanding the difference between a slip and a relapse can help you respond with clarity instead of panic.

Slip: A one-time use that's immediately recognized and followed by a return to recovery efforts. It's often seen as a warning sign — not a failure — if addressed quickly and honestly.

Example: Someone in recovery drinks at a party, regrets it, and tells their sponsor the next day. They go back to meetings and adjust their plan.

Relapse: A return to ongoing use that reflects a deeper break from the recovery process. It may involve denial, secrecy, or stopping support routines entirely.

Example: A person begins using regularly again, skips therapy, and withdraws from loved ones or accountability systems.

Neither situation means all is lost. Both are opportunities to reassess the recovery plan, get support, and recommit. If your loved one slips or relapses:

- **Stay calm.** Take a breath before reacting. Panic or punishment rarely helps.
- **Ask open-ended questions.** Try, "What do you think led to this?" or "How can I support you right now?"
- **Encourage re-engagement.** Suggest reconnecting with a therapist, sponsor, or treatment center.
- **Hold boundaries.** Continue to protect your well-being. Support doesn't mean sacrificing your emotional or physical safety.
- **Avoid shame-based language.** Guilt can push people further away. Choose compassion over criticism.

Your loved one's recovery isn't defined by whether they stumble — but by whether they get back up. Your calm, steady presence can help them find their footing again.

Staying sober after rehab is about more than avoiding substances. It's about creating a life that feels worth living. With structure, support, and continued growth, your loved one can build a future that's not just substance-free, but deeply fulfilling. And you can be there, not just watching it happen, but growing and healing alongside them.





CHAPTER EIGHT

How Addiction and Mental Health Impact the Whole Family

When someone struggles with addiction or mental health challenges, they often carry the most visible symptoms — but the emotional toll ripples through every relationship around them.

Families live in survival mode, adapting in ways that may keep things functioning on the surface while quietly breaking down underneath. Addiction and mental health conditions don't just affect one person. They become part of the family's story, shaping communication, trust, routines, and roles.

In this chapter, we'll explore how struggles with behavioral health disorders operate within families and what healing looks like when everyone is part of the recovery process.



Disorders Affect Everyone, Not Just the Person Struggling

Behavioral health issues rarely happen in isolation. Its effects spread through the family like a dropped pebble in a pond, impacting parents, spouses, children, and even extended relatives. You may have found yourself feeling:

- Constantly anxious or on edge
- Guilty, as though you missed a warning sign
- Emotionally numb or exhausted
- Like your family revolves around the addiction

These reactions aren't overreactions. They are common signs that your own emotional well-being has been pulled into the storm.

The Hidden Roles Families Play

When addiction or mental health disorders take hold in a family, the emotional balance shifts — often in subtle, unspoken ways. Without even realizing it, loved ones may start to fill specific roles to keep the household running, reduce tension, or avoid pain.

These roles aren't assigned. They emerge as survival strategies. While they can offer short-term stability, they often lead to emotional disconnection over time.

Here are five common family roles that show up when a loved one is struggling:

The Caretaker

Often takes on the most visible responsibility, trying to fix the situation or shield others from pain.

- "I'm the one holding this family together."
- May sacrifice their own health, finances, or needs to keep everything afloat
- Struggles to ask for help and may feel guilty if they step back

The Hero

Works hard to bring pride and success to the family, often becoming high-achieving or perfectionistic.

- "If I'm perfect, maybe things won't fall apart."
- Appears outwardly composed, but may feel isolated or pressured to never fail
- Often hides their own struggles to avoid adding to the burden

The Scapegoat

Expresses the chaos others suppress — acting out, rebelling, or drawing negative attention.

- "At least if people are focused on me, they're not focused on what's really going on."
- May be seen as "the problem," but often internalizes deep hurt or frustration
- Offers a distraction from the addiction itself

The Lost Child

Withdraws emotionally or physically, fading into the background to avoid conflict.

- "If I stay invisible, I won't get hurt."
- May be quiet, independent, or overlooked
- Often struggles with intimacy or expression later in life

The Mascot

Uses humor, charm, or lightheartedness to ease tension and lift spirits.

- "If I can make them laugh, maybe everything won't feel so heavy."
- Often intuitive and sensitive beneath the jokes
- May struggle to be taken seriously or to express deeper motions

These roles are not fixed, and family members may shift between them over time. Recognizing them isn't about assigning blame — it's about creating space for healing. When each person becomes aware of their patterns, families can begin to interact in more open, authentic ways.



Codependency and Enabling: When Help Hurts

Two of the most common patterns in families affected by these disorders are **codependency** and **enabling**. They often arise from good intentions, but can ultimately delay recovery.

Codependency happens when a person's sense of identity becomes tied to caring for their loved one, even in unhealthy ways. Signs of codependency might include:

- Feeling responsible for your loved one's emotions, choices, or sobriety
- Neglecting your own needs and well-being to keep the peace
- Avoiding confrontation, even when boundaries are crossed

Enabling occurs when someone shields their loved one from the natural consequences of their actions. Common examples include:

- Calling in sick to work for them
- Giving money that's later used for substances
- Making excuses to others about their behavior
- Cleaning up messes so they don't have to face them

These patterns are common and understandable. Families often step into these roles out of love, fear, or desperation. But part of healing is recognizing when helping is actually hurting, and finding new ways to support without sacrificing yourself.

Families Carry Their Own Wounds

Watching someone you love spiral is often traumatic. You may experience lingering symptoms like:

- Hypervigilance or "walking on eggshells"
- Trouble sleeping or relaxing
- Emotional outbursts or shut-downs
- A constant fear of relapse or crisis

These are signs that you have been impacted, too. Healing involves acknowledging your own pain, not just focusing on your loved one's recovery.

How Family Engagement Helps

Recovery is more effective when the family heals together. That's why many treatment centers include family engagement, sometimes called family therapy, as part of their programs. Family engagement focuses on:

- Improving communication skills
- Setting and respecting boundaries
- Rebuilding trust after years of tension
- Giving each member a space to speak and be heard

Instead of focusing on blame, family engagement sessions shift the lens toward shared growth and mutual healing.

"I woke up in a hospital not knowing how I got there or what day it was. Seeing the sadness and disappointment on my wife's face and the confusion from my children shook me to my core. It was then that I realized my life had become unmanageable and that I needed help." — Carl Verna, The Recovery Village Umatilla (FL)





Boundaries: A Healthy Act of Love

Boundaries are often misunderstood. They aren't punishments or ultimatums. They are clarity about what's okay and what isn't, for your own emotional safety. Examples of healthy boundaries might include:

- Not allowing substances in the home
- Saying no to requests that put your finances or safety at risk
- Refusing to lie or make excuses for a loved one's behavior

Setting boundaries can be difficult, especially if guilt or fear is involved. But they are one of the clearest ways you can support your loved one's recovery while protecting your own.

Families Need Recovery, Too

Addiction and mental health disorders are chronic conditions, but so is the emotional aftermath they leave behind. Just like your loved one needs therapy, structure, and support, so do you.

[Resources](#) like Al-Anon, Nar-Anon, and family education programs at treatment centers offer powerful tools to help you process your own experience, let go of unhealthy guilt or control, learn how to support without enabling and connect with others walking a similar path.



"Treatment is not a cure, but it is a tonic for the body, mind and soul. If you take treatment seriously, if you're committed to sobriety, treatment will give you a 30-day advantage and head start in maintaining sobriety long-term."
— Grace LaFortune
The Recovery Village Ridgefield (WA)



Your healing matters. When families begin their own recovery process, it not only supports their loved one, it restores a sense of hope and connection that may have been lost.





CHAPTER NINE

Repairing Relationships During and After Rehab

Behavioral health disorders don't just affect health or routines — it reshapes the entire web of relationships around the person struggling.

Broken trust, hurt feelings, and emotional distance are common by the time someone enters treatment. As a loved one, you may still be carrying pain, resentment, or cautious hope. If you've been let down before, it's natural to ask: **Can we ever get back what we lost?**

The answer is yes — but it takes time, intention, and effort from both sides. Recovery opens the door, but healing relationships requires its own kind of work. Here are six ways your family can begin to repair trust and connection during and after rehab.





1. Give Healing the Time It Deserves

Recovery is not an overnight fix for damaged relationships. It's a beginning. Your loved one may come home with new tools and intentions, but that doesn't erase the past. As much as you may want to rebuild quickly, trust has its own pace.

Giving each other space to grieve, reflect, and gradually reconnect is an act of respect. Avoid forcing conversations or expecting immediate forgiveness. Healing happens step by step.

2. Communicate Clearly and Honestly

After addiction or mental health pain, communication can feel fragile. But rebuilding starts with small, honest conversations.

- Use "I" statements to share how you feel without blaming ("I felt hurt when...").
- Practice active listening, repeating what you heard to show understanding.
- Keep a calm tone, even when emotions run high.

When both sides feel heard and safe, healing becomes more possible.

3. Let Apologies Be Backed by Actions

Words matter, but consistency matters more. A genuine apology should come with changed behavior — being on time, keeping promises, staying present. For the person in recovery, accountability might look like:

- Sticking to aftercare plans
- Attending therapy or meetings regularly
- Owning up to missteps without deflection

For loved ones, it may mean noticing the changes and giving space for growth, even when it feels slow.

4. Use Family Time to Rebuild Together

Many rehab programs include **family engagement sessions** as part of treatment. These sessions offer a safe, guided space to talk about past harm, clarify expectations, and create a new path forward. Video calls with family help:

- Rebuild trust
- Strengthen communication
- Understand the impact of addiction and mental health on everyone involved

This shared experience can be a turning point — not just for the person in recovery, but for the entire family.



5. Set Boundaries That Support Recovery

Boundaries aren't walls. They're guideposts. They protect your emotional health and help avoid slipping back into harmful patterns. Examples include:

- Saying no to financial requests you're not comfortable with
- Avoiding substance use around your loved one
- Declining to lie or make excuses on their behalf

Boundaries should be clear, consistent and communicated with care. They give structure to relationships that may have once been dominated by chaos.

6. Understand That Forgiveness Takes Time

Forgiveness doesn't mean forgetting. It doesn't mean saying everything that happened was okay. It means acknowledging the hurt, choosing to move forward, and deciding how to rebuild.

Some people forgive early. Others need time. What matters is that forgiveness is your choice — not a demand. You can support your loved one in recovery while still processing your own pain.

Reconnection Is Possible

It may take weeks, months, or even years, but many families find their way back to one another. The connection may look different — more honest, more cautious, more intentional — but it can still be meaningful.

Repaired relationships aren't about perfection. They're about presence, growth, and commitment. Whether you're just starting to heal or already seeing progress, know this: recovery can open the door to a new kind of closeness, built not on old expectations, but on renewed understanding.





It's Time to Get Your Lives Back.

If you're reading this, you've already taken a powerful first step: recognizing your loved one's struggle and beginning to search for answers. Addiction and poor mental health in the family can make you feel isolated, overwhelmed and uncertain about the future — but recovery is possible, and you're not alone. Every day, families just like yours find healing, hope and a way forward. Your loved one can reclaim their health, rebuild relationships and rediscover joy.

Don't wait another day wondering what comes next. Reach out, talk to someone who understands, and start the conversation about treatment. You and your loved one deserve to have a hopeful future — and it begins today.

Getting Your Loved One Admitted to The Recovery Village

Step 1: Insurance Verification

An intake coordinator will [verify your insurance provider](#) within minutes to check we're in-network and discuss any deductibles or additional out-of-pocket costs you can expect. If you do not have insurance, we will review other payment options available to you.

Step 2: Pre-Assessment

Our intake coordinator will answer any questions you have and send a **2-minute online pre-assessment** to your loved one to determine if we are the right fit for their needs. If we're not the best fit, we may refer you to a trusted partner facility near you.

Step 3: Admission

We will use answers from your pre-assessment to determine the best treatment path for your loved one and schedule their admission into the facility. In many cases, we offer **same-day or next-day admission**.

Do You Accept Walk-Ins?

Although we highly recommend scheduling your admission in advance to avoid extended wait times, The Recovery Village inpatient rehab facilities [accept walk-in patients](#) for our highest levels of substance abuse treatment only between 9:00 a.m. and 5:00 p.m.

Walking in does not guarantee admission to care. Before you can be admitted, our Recovery Advocates will work diligently to ensure:

- Our programs are the right fit for your needs and you're eligible to start care with us, determined through a pre-assessment
- Your health insurance coverage is accepted or you're able to private pay, and you know what costs you may incur
- You're willing to start rehab and have all your questions answered about staying with us



Treatment Can Be Life-Changing. The Recovery Village Can Help.

Call 855-623-0398 Today