UNITY PATH
FAMILY SUPPORT

You deserve support.
You deserve hope.



QUESTIONS TO ASK *Before Choosing a* TREATMENT PROGRAM

Finding the right treatment program is a personal decision. Every program is different, and what works well for one person may not be the best fit for another.

Asking questions can help you understand your options and choose a program that meets your needs.

BEFORE YOU DECIDE...

What do I hope to get out of treatment?

- ☑ What kind of support do I think I need?
- ☑ Am I looking for residential or outpatient care?
- ☑ Do I have any medical or mental health needs that should be considered?
- ☑ What will help me feel safe and supported?

ABOUT THE PROGRAM

- What types of addiction do you treat?
- How long is the program?
- What does a typical day look like?
- Is the program voluntary?
- What happens after I complete treatment?

MEDICAL CARE

- Is there medical staff available?
- Can you support people with mental health concerns?
- How are withdrawal symptoms managed?
- Can medications for addiction treatment be continued if needed?

THERAPY & SUPPORT

What types of counselling or therapy are offered?

- Is peer support available?
- Are there group sessions and individual sessions?
- Are family members involved if I choose?

PRACTICAL QUESTIONS

- What should I bring?
- What items are not allowed?
- Can I keep my phone?
- Are visitors allowed?
- Is smoking or vaping permitted?
- Is transportation available?

LIFE AFTER TREATMENT

Will someone help me create a recovery plan?

- Are there referrals to counselling or peer support?
- What community resources do you connect people with?
- Is follow-up support available after discharge?

IT'S OKAY TO ASK...

- ♥ What happens if I'm struggling?
- ♥ What happens if I relapse?
- ♥ What if I'm nervous or unsure?
- ♥ What if I have questions after I arrive?

Good programs expect questions and want you to understand your care.

REMEMBER

There is no "perfect" treatment program.

The best program is one that:

- ✓ Treats you with dignity and respect.
- ✓ Helps you feel safe.
- ✓ Matches your needs and goals.
- ✓ Encourages you to be part of your recovery plan.
- ✓ Supports you after treatment whenever possible.



A Note from One Peer to Another

It takes courage to ask for help. Choosing a treatment program isn't about finding a perfect place—it's about finding a place where you feel supported and have the opportunity to begin building the life you want.

Take your time, ask questions, and remember that your voice matters.

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This resource is for educational and peer support purposes only. It is not intended to recommend or endorse any specific treatment provider. Treatment options vary, and it's important to speak with a healthcare professional or addiction service if you need help choosing the most appropriate care.