

FOR LOVED ONES

Family next-steps checklist

When someone you love starts considering treatment, these are calm, practical steps you can take. There is no rush and no wrong way to begin.



Before you call

- ☐ Write down what you've noticed, without blame, so you can speak clearly.
- ☐ Gather basic insurance information if you have it (it's okay if you don't).
- ☐ Choose a calm, private time to reach out to admissions.

During the first call

- ☐ Ask about medical detox, residential care, and what a typical day looks like.
- ☐ Share your concerns and questions, our team will guide you, no pressure.
- ☐ Ask how insurance verification works (we'll check benefits for you).

Supporting your loved one

- ☐ Lead with care, not ultimatums, addiction is a medical condition, not a failing.
- ☐ Set loving boundaries while staying connected and hopeful.
- ☐ Take care of yourself too, support for families matters.

Ready to talk? We're here when you are.

Speak with a confidential admissions team member. No judgment, no pressure.

Call (888) 762-3145