



Shopping for Treatment Questions to Ask:

Question to ask potential treatment center*	Brighton Recovery Center responses	Shopping notes
Are you state licensed and for what levels of care?	Yes! BRC is licensed for mental health AND substance abuse treatment services for Residential, Day Treatment (PHP), Intensive Outpatient treatment (IOP), and Outpatient Treatment (OP) levels of care through the Department of Human Services in the state of Utah.	
Are you Accredited? If so, by who? What services have been accredited?	Yes! All of BRC's services and levels of care are accredited by the Joint Commission. 	
Are you a member of the National Association of Addiction Treatment Providers?	Of course! Find us listed at https://www.naatp.org	
How long has the facility been in operation?	BRC has been in operation since July of 2015.	
Do you have a Medical Director on Staff? Are they certified by the American Society of Addiction Medicine?	Yes, we have two Medical Directors on staff. One Psychiatrist and one Doctor who is certified by the Society of Addiction Medicine.	
What Qualifications do your clinicians have? Are group and individual counseling services provided by Master's level staff? Do clinicians have specialized training in SUD	All of our clinicians are Master's level therapists. The licensure span ranges from LCSW, LMFT, and CMHC. Clinicians have a range of specialties including SUD treatment, from EMDR and CSAT, DBT, ACT, and CBT. All of the process and trauma groups are run by master's level therapists.	
What are the facility's placement criteria?	BRC talks to the individual and the family directly. Initially, we are looking for good clinical fit for our programs. There is a pre-admission assessment that takes place to gather information	

	<p>about the individual and their situation. When it is determined that the fit is not appropriate, our team works hard to help find alternate placement.</p>	
<p>Can the facility treat the specific needs of the patient? Are they licensed and qualified to do so? Under what conditions will a patient be discharged and referred to alternate care?</p>	<p>We screen every patient before they admit to BRC to make sure we can treat their specific needs. We stay in compliance with all state, Joint Commission, and ethical guidelines. Any new clinical, medical, legal, or behavioral development that arises during the patient's episode of care that falls beyond the scope of our practice, will be referred to alternate care. Our team will work with the family and the patient every step of the way should this happen.</p>	
<p>What is the facility's procedure for referring patients to other treatment providers?</p>	<p>We involve everyone possible in the decision- making of where to transfer a patient. We use our long list of trusted and vetted partners to ensure the best placement possible.</p>	
<p>Does the Facility treat other medical and mental health conditions? Is it credentialed to do so?</p>	<p>Our medical team treats minor medical issues as they arise. Should the patient need more intensive care, we transport them to the appropriate level of medical care, staying with them the entire time. We are also licensed to treat mental health conditions. Active psychosis or acute suicidality are initial barriers for direct entry into treatment. We work closely with prospective patients and their families to refer to proper mental health agencies for stabilization before admitting to BRC.</p>	
<p>What evidence-based practices are used?</p>	<p>We use a wide range of evidence-based practices including EMDR, ACT, DBT, and CBT.</p>	
<p>How often are drug screens conducted? Does the facility follow ASAM guidelines for drug testing?</p>	<p>While in residential treatment, drug screens are conducted once a week. That number may be increased based on suspicion. We are very focused on keeping the house safe! We also think it's</p>	

	important for you to know that BRC does not bill for any drug screen in any way. We leave the billing to our trusted and compliant lab. We do use ASAM guidelines for drug testing.	
Does the facility provide family counseling? How, and are there additional costs associated?	We strongly encourage the families to be involved. We conduct a 3-day monthly family program. We run many family groups throughout the week and include weekly family therapy in our treatment schedule. We believe family involvement and support is one of the most important aspects of healing.	
What types of support services are offered after treatment? Does the provider have an alumni program? What types of discharge planning are used?	While in our care, each patient meets with our case managers to ensure a solid discharge plan. Our amazing alumni program includes telehealth services, sober sport teams, weekly aftercare meetings and groups. We stay in touch with each patient for at least a year after they have left treatment.	
Is the facility in-network with your insurance? What out-of-pocket costs will be assessed? How are these costs calculated?	We are in-network with Select Health, PEHP, EMI, and Utah Health Network, and are working on in-network status with many others. We work with all other providers on an out-of-network basis. Out of pocket costs are determined by the deductible and out of pocket maximum on the patient's insurance plan. We work hard with each family individually to mitigate the financial barriers of coming to treatment.	

*The questions asked are directly from the National Association of Addiction Professionals (NAATP) directory of "questions to ask potential treatment centers."