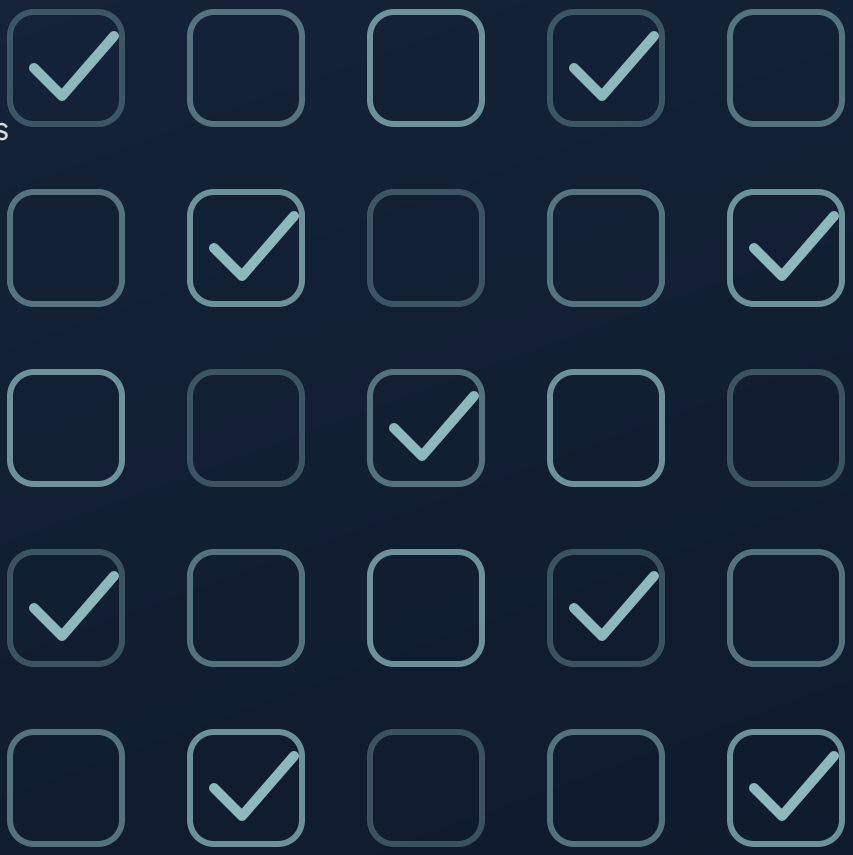
bluegrass recovery

GUIDE 07 CHECKLIST FOR FAMILIES



Questions to ask any treatment center.

Twelve questions in three groups, the red flags to walk away from, and a worksheet to compare up to three programs side by side.

Admissions, 24 hours a day
(502) 385–4424

421 Wabasso Ave
Louisville, KY 40209

CHECKLIST

Ask every program the same questions.

Whether you call us or anyone else, these help you compare fairly. Tick them off as you go.

Quality and safety

- [ ] **Are you licensed and accredited?**
  Look for a state license and accreditation such as The Joint Commission.
- [ ] **Who are the clinicians?**
  Ask about licenses, and who leads groups.
- [ ] **Is there medical oversight?**
  A physician or psychiatric prescriber should be part of the team.

The treatment itself

- [ ] **Who decides the level of care?**
  A clinician, after an assessment, ideally using the ASAM Criteria.
- [ ] **Which therapies do you use?**
  Look for evidence-based approaches such as CBT and DBT.
- [ ] **Do you treat mental health too?**
  Depression, anxiety and trauma often come with addiction.
- [ ] **Do you offer medication when it helps?**
  For opioid and alcohol use, medication reduces cravings and overdose risk.
- [ ] **How often is the plan reviewed?**
  Ask how progress is measured and the plan changed.

Family, cost and after

- [ ] **How are families involved?**
  Ask about family sessions and what they can share with consent.
- [ ] **What will it cost?**
  Ask them to check benefits before treatment starts.
- [ ] **What happens after?**
  A good program builds the aftercare plan before treatment ends.
- [ ] **What if it is not the right fit?**
  A good program will tell you, and help you find somewhere that is.

RED FLAGS

When to keep looking.

- [ ] **Guarantees**
  No honest program promises a cure or a success rate for your loved one.
- [ ] **Pressure to decide today**
  Or offers of free travel, cash or gifts to enroll.
- [ ] **No assessment**
  Placing someone in a level of care without a clinical assessment.
- [ ] **Vague about cost**
  Won't check benefits or explain what you may owe.
- [ ] **No licensed clinicians named**
  Or no medical oversight.
- [ ] **Against all medication**
  Refusing medication that is the standard of care for opioid use disorder.
- [ ] **Shuts families out**
  Even with your loved one's consent.

Check a program yourself

The Joint Commission's Quality Check (qualitycheck.org) lists accredited organizations. SAMHSA's findtreatment.gov lists licensed programs.

WORKSHEET

Compare side by side.

Write the name of each program at the top, then fill in what you learn.

	PROGRAM 1	PROGRAM 2	PROGRAM 3
Licensed and accredited			
Level of care offered			
Therapies used			
Mental health treated			
Medication available			
Family involvement			
In network / cost			
Aftercare plan			
How it felt to call			

Notes

WHEN YOU ARE READY

Talk to someone who does this every day.

Bluegrass Recovery Center is a Joint Commission accredited outpatient program in Louisville, licensed by the Kentucky Cabinet for Health and Family Services (AODE license #811092).

Call or text, any hour

(502) 385-4424. Admissions answers 24/7. If we miss you, we call back as soon as possible.

A free benefits check

We accept most major private insurance plans and explain what is covered before anyone decides anything.

Three levels of care

Partial hospitalization (PHP), intensive outpatient (IOP) and outpatient (OP), with the same team as you step down.

Help with what comes first

If detox is needed, admissions arranges it at a vetted partner. Bluegrass works with a partner organization that provides supportive housing.

In an emergency

Call 911. For a mental health or substance use crisis, call or text 988, the Suicide & Crisis Lifeline.

This guide is general information for families and is not medical, legal or financial advice. Updated October 2026.