

Checklist: How to Evaluate a Treatment Program

This checklist helps HR professionals, EAP coordinators, and other referral sources assess the quality and fit of addiction treatment programs for employees or clients.

1. Accreditation & Licensing

- Verify state licensing and compliance with local regulations.
 - Check for accreditation from recognized organizations (e.g., CARF, The Joint Commission).
 - Ensure staff credentials meet clinical standards.
 - **Bridging the Gaps is Trusted and Highly Accredited:** We are licensed by the Virginia Department of Behavioral Health and Developmental Services and proudly accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).
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2. Levels of Care

- [Residential Treatment \(RTC\)](#): 24/7 structured environment for intensive support.
 - [Partial Hospitalization Program \(PHP\)](#): Day treatment while living at home.
 - [Intensive Outpatient Program \(IOP\)](#): Evening/weekend sessions for continued support.
 - [Outpatient Programs OP](#): Ongoing support to maintain long-term recovery.
 - **BTG Note:** BTG provides a [continuum of care](#) including RTC, PHP, IOP, and alumni programs to ensure smooth transitions between levels.
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3. Insurance & Cost

- Confirm insurance coverage (private, commercial, Medicaid if applicable).
- Clarify out-of-pocket costs and any financial assistance options.
- Verify that documentation requirements for insurance reimbursement are supported.
- **BTG Note:** BTG works with major insurers and can guide HR teams and employees through coverage verification.

[Verify Insurance](#)

4. Treatment Approaches & Therapeutic Modalities

- Evidence-based therapies (e.g., Cognitive Behavioral Therapy, Motivational Interviewing, Internal Family Systems).
 - Holistic modalities (e.g., nutrition, yoga, acupuncture, creative expressions).
 - Co-occurring disorder support for mental health conditions.
 - **BTG Note:** [BTG integrates evidence-based and holistic modalities](#) tailored to individual needs.
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5. Aftercare & Support

- Structured aftercare programs (alumni groups, ongoing therapy, sober activities).
- Case management for transition back to work and community support.
- Family involvement and education opportunities.
- **BTG Note:** BTG offers an extensive alumni network and post-treatment support to reinforce long-term recovery.

Tips for HR Professionals

- Ask about past success [outcomes](#) and client satisfaction metrics.
- Request a sample treatment plan to see individualized care approach.
- Check communication protocols for updates while respecting HIPAA privacy.
- Prefer programs that partner with local employers and understand workplace needs.

[View BTG's Outcomes](#)