

The Cost of Rehab

Addiction – better known as substance use disorder – is becoming a heated issue in today's society. Between the opioid and heroin epidemics to the rise in alcohol use, substance use disorder cases are becoming increasingly apparent. While no one chooses to become dependent on substances, many who do need help to stop. There are numerous drug rehab facilities in the country but how do you know if you can afford them? This article will discuss the costs of drug rehab facilities and options for financing.

While every facility is different, the cost is usually based on the type of treatment you are seeking. There are four levels of substance use disorder treatment, starting from intervention stages up to intensive medical inpatient. Cost is often determined by the type of treatment as well as the type of facility. Insurance can also play into the cost of drug rehab treatment. Even some employers will cover the cost of drug rehab if the employee has shown good past performance. Let's explore the levels of treatment and what the costs could look like.

Level 1: Outpatient Services

This style of treatment is designed for those whose use is considered high-functioning, typically with a strong support system and high performance in a job or career. The patient sees a mental health specialist and/or a therapist regularly for concerns surrounding their use – past trauma, undiagnosed mental health conditions, or excess stress. Costs are that of a normal doctor, with insurance between \$20 and \$150. Even without insurance, the cost is still low for this level of care. AA and NA meetings can also be a part of outpatient treatment and are free to attend.

Level 2: Partial Hospitalization Programs (PHP)

Partial hospitalization provides access to mental health professionals as well as addiction specialists. It also allows the patient to be treated through laboratory work and can also help with legal issues, job placement, and child care. Some PHPs are residential and allow you to go to work and be home on the weekends. The costs can range from \$200 to \$400 per day and most programs can last between 30 and 90 days. As stated, insurance can take care of some of these costs. For those without insurance, some facilities offer scholarship-type awards that you may be eligible for after an assessment.

Level 3: Inpatient Programs

Unlike PHPs, inpatient programs are one hundred percent residential, meaning the patient is unable to leave for work, etc. The patient attends meetings, classes, and appointments throughout the facility and it is staffed 24 hours a day. Inpatient programs are designed for those who do not have a stable environment and need a safe place to recover. Some inpatient programs are temporary, where some patients stay up to only 30 days. Other facilities are more long-term, where patients can stay for a

variety of lengths of time. Residential treatments are often expensive but cheaper facilities can be found. Costs can range from \$2,500 up to \$50,000.

Level 4: Medically Managed Inpatient

The most structured and intensive care for a patient, these facilities are monitored 24 hours a day. The patient meets with physicians, therapists, and specialists every day. This type of treatment is for those who may have tried rehab before and relapsed, those in severe legal trouble, or those with moderate to severe mental health disabilities. The goal is to get the patient stable enough to be moved to a less intensive care facility. Costs for this level of treatment can rack up quickly, anywhere between \$800-\$1,000 per day.

Final Thoughts

While drug rehab may seem too expensive to be worth it, there are options to help with the cost. Insurance is the number one way to offset the cost of rehab. Some facilities are cheaper due to location and amenities while others offer financial assistance packages. There are even government-sponsored locations that are free or very low cost for patients to receive the help they need. All in all, drug rehab can be very affordable to the person who wants to face their substance use disorder and find their life in recovery.