

Getting Help: Peggy's Recommendations

By Peggy L. Ferguson, Ph.D.

While the question, "where should I go for help" may seem like a simple question, the answer is anything but simple. I receive a lot of requests for recommendations for counselors, treatment centers, and other programs. I can certainly make recommendations regarding nationally known and recognized inpatient programs, but I am not familiar with individual outpatient providers across the country, and generally do not know enough information about local programs to make a recommendation or a critique of them.

A tip for finding an outpatient therapist would be to go to either a National provider database, like the Psychology Today website or to go to your state's licensure/certification board's provider list. This, of course, implies that you know what kind of licensed or certified professional that you need for your issues. There are many to choose from: Licensed Alcohol/Drug Counselor, Licensed Clinical Social Worker, Licensed Marriage/Family Therapist, Licensed Professional Counselor, Licensed Psychologists, and Licensed Psychiatrists. The names for these various helpers even vary from state to state.

There is also a national database of Alcohol/Drug Programs provided by SAMHSA, but it seems to only have programs that are non-profit or receive state funding. There are many other private for profit facilities and outpatient therapists in the country that are providing excellent care. Some of these facilities maintain a nationwide outpatient provider list, so that they can refer patients leaving treatment to continuing care providers. These outpatient providers are also typically qualified for working with patients at most stages of recovery. Example: For sexual addiction outpatient counseling you might ask The Meadows in Wickenburg Arizona or Patrick Carnes' Gentle Path, at Pine Grove, in Hattiesburg, Mississippi for an outpatient recommendation.

My InPatient Chemical Dependency Treatment Center Recommendations are:
(Not in rank order)

- The Meadows
- Betty Ford Center
- Sierra Tucson
- Valley Hope Treatment Centers
- Hazelden (Minnesota)

For Impaired Professionals:

- Talbott Recovery Campus

For Long Term InPatient Treatment: (90 day minimum)

- Clay Crossing - Maud, Oklahoma.

Keep in mind that it is appropriate to match the treatment facility to the level and type of care needed by the patient. For sexual addiction, I believe the mosts beneficial

treatment is provided by people who specialize in addiction. For addiction, if the patient has already tried out patient counseling or has significant detox or other health issues, inpatient treatment is probably the most appropriate level of care. If there is a long standing history of significant mental health issues along with addiction, a dual diagnosis treatment center or outpatient program may be the most appropriate level of care. For opioid addiction or for patients who have been to several inpatient units, long term inpatient treatment may be the most appropriate level of care. These suggestions are very basic "rules of thumb" and most patients require an in-depth assessment to determine the appropriate level of care.

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