

Questions About a Typical Treatment Day

Ask the program you are considering to walk you through an actual day. A list of activities is only useful if you understand who provides them, how often they happen and what changes for your needs.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

NIAAA's program questions distinguish the intensity, structure and content of care, including individual and group sessions. They also ask how assessment shapes an individual plan. A sample schedule is information to discuss, not a prescription for your own care. [1]

Turn a broad answer into a useful follow-up

If you hear...	You could ask...
We have groups every day.	Who leads them, what are they for, and how long do they last?
You will have individual care.	Who would I meet, how often, and how is that arranged?
Medical help is available.	Who provides it, when are they available, and how do I request help?
Everyone follows the schedule.	How do you adapt it for health, communication or accessibility needs?
There is free time.	When, and what are the rules for rest, communication or visitors?

Original example: clarify a missing service

"Medication support" could leave the reader with unanswered practical questions. Ask whether visits happen onsite or through another provider, who arranges them, and whether the costs are separate. Record the actual answer rather than a check mark.

Record the program's example

Program, person and date

Where can I get a written schedule, and when was it updated?

Morning, afternoon and evening

Activities/times, who provides them, and what remains unclear. Use another copy if needed.

My needs to discuss before deciding

A question about health, accessibility, privacy, communication or practical fit; person who will answer.

Before you finish the conversation

Ask which parts are examples and which are confirmed for your proposed care. Keep questions about care quality and assessment beside the timetable, so a busy schedule does not stand in for an explanation of treatment.

Sources and Further Reading

[1] NIAAA: Questions for Alcohol Treatment Programs

<https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/10-questions-for-alcohol-treatment-programs>

[2] SAMHSA: Finding Quality Treatment

<https://www.samhsa.gov/find-support/learn-about-treatment/finding-quality-treatment>