

# Petersen Family Counseling

## Our New Website Has Launched!

Our website has had a makeover! Check it out by clicking below!

[Visit our Website](#)

### How to Choose the Right Treatment Center for You

Choosing the right treatment program for **YOU** can make a huge difference in your success in sobriety.

1. How long has the program been in business?
2. Does the program hold accreditation with CARF, or the Joint Commission, and are they certified by LegitScript?
3. Is the program licensed by the state to treat substance abuse disorders?
4. Are there full time, board certified doctors on staff? How frequently can patients meet with doctors?
5. Do the therapists have a master's degree or license? Do they have specialized substance use disorder (SUD) training?
6. Does the program use data-informed, evidenced-based therapies?
7. Does the program incorporate family in the treatment process?
8. Are treatment plans individualized for my/my loved one's specific needs?
9. Does the program offer dual diagnosis treatment? Can the program treat someone who struggles with addiction and a co-occurring mental health condition?
10. Where do individuals live while in treatment and what level of supervision do they receive?
11. How many individuals share a room?
12. How long is the wait to get into treatment?
13. Are the detoxification medications FDA approved?
14. Can I use insurance to cover the cost of treatment?
15. What type of support is offered after completing the program?

Read the full article from our colleagues at Lakeview Health [Here](#)



### Let's Talk About Kratom

Kratom has become more prevalent in the treatment world with easy access creating challenges for individuals in recovery. We interviewed Dr. LaTisha Bader, Clinical Director of [Denver Women's Recovery](#), to gain further insight on the topic.

**What is Kratom?:** Kratom is a tropical tree native to South Asia with leaves that contain compounds that create a mind-alerting effect. **There is no FDA approved medical use** for it and Kratom is identified as a **substance of concern** by the DEA. Numerous countries, states and cities have banned it.

**How does it impact our body and brain?:** There is both a psychological and physiological dependence to the substance. **In low doses it has a stimulant effect however nowhere can I find where someone identifies what a low dose is. In high doses there is a sedative effect but again nobody said what that dosage is.**

**Would you say it is a relapse for an individual in recovery to use Kratom?:** **Absolutely** yes, especially if I am actively seeking those effects.

**Do you think it needs to be talked about more?:** Definitely. The first public health advisories about Kratom started to come out in November 2017. Since then there have been more **deaths linked to overdose** on Kratom. Innocent users are stumbling upon it and not knowing what they are taking. Seasoned users know what it is and that it will not show up on a point of care drug test.



Thank you for sitting down and sharing your knowledge with us Dr. Bader!

**Contact Us Today 720-513-1465**