

How to Select the Right Program for Your Son

Key Questions to Consider

San Cristobal Academy joins you as a partner in the process of finding the right programmatic fit for your son. It's a serious and critically important step in his recovery and will play a mission critical role in his overall future. As a Center involved in the treatment of Co-occurring Disorders, we believe passionately in the "no wrong door" philosophy and join with parents (and their advisors) in not only ensuring that we are the "best fit", but also in finding other programs, schools or resources if SCA is determined to be... not the right answer.

We strongly encourage parents to develop a list of key questions prior to "interviewing" the Admissions Department at our program or any other programs/schools you may be considering. To get you started in developing a list of questions, we offer the following list of questions:

- What values and philosophies are important to us as parents and as a family that need to be present in the selected program?
- What are the therapeutic strengths and weaknesses of the Clinical Department?
- Who makes up the leadership team and what specific credentials do they bring to their roles? Will the leadership style be consistent with our expectations?
- How sensitive is the program or school to ethnicity, culture, sexual orientation, religion, and/or other issues of diversity?
- What are the schools documented rules and what happens if the rules are broken?
- How does the program handle mental health and psychotropic medication needs?
- What is the program's attrition rate and how many kids run away from the program? How is this handled when it happens?
- What programs does the school have in place to handle the needs of parents and families? How does the program communicate with parents?
- Can we see an example of a student schedule?
- How big is the program? What is the staff-to-student ratio?
- What is the program's approach to Continuing/Aftercare?

It's also important to understand that a good school or program is also going to ask you a lot of questions about your son, his needs, history, family, overall circumstances, goals, and willingness/interest in getting help. Reasonable time spent upfront, prior to enrollment will establish a strong foundation for getting the results both you and your son hope for in seeking treatment.

We hope these questions will help you to select the "right fit" for your son in his journey to recovery, renewed health, happiness, and well-being.