

# **How to Vet a Rehab for Cognitive Care**

As a veteran of the behavioral health industry, I have seen a shift in how we view addiction. We used to treat it solely as a behavioral issue. Now, we know it is a neuro-cognitive disorder. However, not all treatment centers have caught up with the science. Casa Privee is one of the exceptions, placing cognitive restoration at the center of their model. If you are looking for treatment, here is how to determine if a facility is truly addressing the brain.

## **Ask About Testing**

The first question to ask is, "What cognitive testing do you perform on admission?" A standard psychosocial assessment is not enough. You want to hear about objective measures. Do they use qEEG brain mapping? Do they use standardized computerized tests to measure memory, attention, and processing speed? A facility that does not measure cognitive function cannot treat it effectively.

## **Look for Neurofeedback**

Neurofeedback is a non-negotiable tool in modern addiction treatment. It allows patients to see their own brain activity and learn to control it. Ask if neurofeedback is provided on-site and if it is administered by board-certified clinicians. This technology is essential for retraining the brain patterns associated with anxiety and cravings.

## **Check the Daily Schedule**

Ask to see a sample daily schedule. If it is 100% group therapy and 12-step meetings, they are missing the cognitive component. A cognitive restoration program will have dedicated blocks of time for "Brain Training" or "Cognitive Remediation." This shows that they value the hardware of the brain as much as the software of the mind.

## **Inquire About Nutrition and Exercise**

The brain needs fuel and oxygen to heal. A program focused on cognitive restoration will have a nutritional plan designed to lower inflammation and support brain health. They will also emphasize aerobic exercise, which is proven to boost neuroplasticity. If the facility serves junk food and has no gym, they are not serious about brain repair.

## **The "Brain Fog" Protocol**

Ask the admissions director, "How do you treat post-acute withdrawal brain fog?" If they say, "It just takes time," keep looking. A proactive facility will have a specific protocol involving supplements, amino acid therapy, and cognitive exercises to actively clear the fog.

## **The Miami Landscape**

When searching for [drug rehab in Miami](#), use these questions as your filter. The goal is to find a center that offers medical-grade cognitive care, not just a bed and a meeting.

Recovery requires a functioning mind. By demanding cognitive restoration services, you ensure that you or your loved one receives the most advanced care available.

Ensure your treatment plan is built on the latest clinical science. Contact Casa Privee to speak with a specialist about their cognitive protocols. Visit <https://www.casaprivee.com/> to learn more.