



# 5 of 10

## Rehab Myth

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Individuals have to go through motivation test processes to access rehab.

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## — 5 Myth Buster —

While it is important that someone entering rehab understands the journey they're embarking on and is motivated to make changes in their life, residential providers don't require people to attend specific preparation groups prior to coming to rehab for them to demonstrate their motivation.

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## 5 Myth Buster

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Collective Voice members do not recommend that such barriers are put in place by community providers.

You can read more in our companion piece for commissioners  
([link in post text](#)).

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## — 5 Myth Buster —

People should be assessed according to a personalised approach by a professional in a one-to-one setting to see if rehab is the right option for them at the current time.

They can then work with someone to support them to apply to residential services and visit and discuss the appropriate placement.

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# Rehab Myths x 10

COMING SOON...

— People can only go to rehab once

— Residential rehabs cannot accommodate people with co-occurring mental health conditions

— People cannot go to residential rehab whilst taking pain relief medications

FOR MORE INFO VISIT  
[collectivevoice.org.uk](http://collectivevoice.org.uk)

