



# Making a Choice: Treatment Options Chart [Worksheet #5]

This chart can help you summarize what you learn from providers you contact—and to choose among them. Look for options that have the most signs of higher-quality care.

Visit the NIAAA Alcohol Treatment Navigator at [AlcoholTreatment.niaaa.nih.gov](http://AlcoholTreatment.niaaa.nih.gov) to learn [how to spot quality care](#), questions to ask providers, and answers to listen for. The [Navigator Toolkit](#) has additional worksheets to help you organize your search for high quality care.

	Accepting new patients?	Cost		Treatment Duration		Signs of Higher Quality Care				
		Covered by insurance?	Cost, fees, copays?	# days per week	# weeks	Credentials: Licensed, certified, accredited?	Comprehensive assessment?	Customized treatment plan?	Evidence-based therapies?	Continuing recovery support?
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