



## Notes Page [Worksheet #1]

Before you begin searching for treatment programs, you might want to make some notes about the person you're trying to help. Just do the best you can with what you already know. For more information, see "Why do different people need different treatment options?" (<https://AlcoholTreatment.niaaa.nih.gov/different-people-different-options>)

- ✓ Basics (age, gender, marital and family status, and job status).
  
- ✓ Payment options (health insurance or other ways to pay for treatment).
  
- ✓ Alcohol use, other drug use, and prior treatment (drinking and any drug use patterns or behaviors and any previous treatment and how it went).
  
- ✓ Other health issues (any other physical or mental health issues).
  
- ✓ Living and social situation (amount of support from family and social network, stability of living situation, and access to transportation).
  
- ✓ Legal system involvement (any drinking-related arrests, probation, or other legal issues that require coordination with social services).
  
- ✓ Other specialized needs (examples include pregnant, non-native speaker of English, and safety-sensitive occupations, such as airline pilot, physician, or law enforcement).



National Institute  
on Alcohol Abuse  
and Alcoholism

[AlcoholTreatment.niaaa.nih.gov](https://AlcoholTreatment.niaaa.nih.gov)

NIAAA ALCOHOL TREATMENT  
**NAVIGATOR**  
*Pointing the way to evidence-based care*