Alcohol Treatment: Many Routes to Recovery

The route to recovery from alcohol use disorder is different for each person. It largely depends on how severe the problem is, along with other individual needs and preferences. The route is not always a straight line, and setbacks and repeated attempts are common. It’s progress in the long run that matters.

**LINDA**
Drinks to hide her unhappiness, and it is affecting her family.

**SAM**
Drinks to cope with job stress and overdoes it when entertaining clients.

**JOE**
Drinks despite significant health problems and lands in the ER.

**PAULA**
Risks public safety by drinking on her job as a bus driver.

- **Outpatient Program**
  Offers group and one-on-one counseling sessions, medications, and other services to support recovery.

- **Doctor’s Office**
  Board-certified addiction physicians (internists and psychiatrists) can provide medications, counseling, and a treatment plan.

- **Detox**
  Medical staff treat the symptoms of alcohol withdrawal. Detoxification is only a start.

- **Hospital Inpatient**
  Doctors and nurses provide treatment and counselors may provide talk therapy sessions.

- **Residential Rehab**
  A live-in facility provides a stable, supportive setting that includes group and one-on-one counseling.

- **Individual Counseling**
  One-on-one sessions with professional counselors teach skills for refusing alcohol and managing stress and cravings.

- **Support Groups**
  People in recovery provide peer-support in groups such as Alcoholics Anonymous, SMART Recovery, and Women for Sobriety.

- **Family Therapy**
  Professional counselors help family members heal, relationship, and build a supportive environment for recovery.

Need to find alcohol treatment for yourself or a loved one? We’ll show you how.

AlcoholTreatment.niaaa.nih.gov

For educational purposes only. This infographic does not depict all possible treatment routes and is not prescriptive. A full professional assessment is needed to set an appropriate treatment path for any individual.