



# NIAAA Alcohol Treatment Navigator<sup>SM</sup> **TOOLKIT**

## About This Toolkit

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The worksheets in this kit are designed to support your search for alcohol treatment using the NIAAA Alcohol Treatment Navigator<sup>SM</sup>, an online tool developed by the National Institute on Alcohol Abuse and Alcoholism (<https://www.niaaa.nih.gov/>). Visit the Navigator at <https://AlcoholTreatment.niaaa.nih.gov>.

## Instructions

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## Toolkit Worksheets

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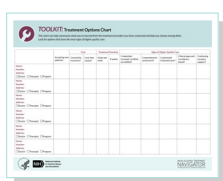
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[AlcoholTreatment.niaaa.nih.gov](https://AlcoholTreatment.niaaa.nih.gov)

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



# How the Navigator Toolkit Supports Your Search

## Make Notes About Individual Needs

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Use the **Notes Page [Worksheet #1]** to jot down information that will be important to have on hand when you make calls to treatment providers. See also the Navigator's section "Why do different people need different treatment options?" (<https://AlcoholTreatment.niaaa.nih.gov/different-people-different-options>)

## Capture Answers to Recommended Questions

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Visit the Navigator "How to search... And what to ask" page (<https://AlcoholTreatment.niaaa.nih.gov/how-to-search>) to learn how to search trusted resources to find health professionals who treat alcohol use disorder (AUD). You'll also see what questions to ask--and the answers to listen for. Use the "**Questions to Ask**" **Worksheets** to capture the answers.

- **To find addiction therapists** (<https://AlcoholTreatment.niaaa.nih.gov/search-addiction-therapists>) – You will learn:
  - How to search Psychology Today's "Find an Addiction Therapist" directory (<https://therapists.psychologytoday.com/addiction>)
  - Recommended questions to ask – and answers to listen for [**Worksheet #2**]
- **To find alcohol treatment programs** (<https://AlcoholTreatment.niaaa.nih.gov/search-alcohol-treatment-programs>) – You will learn:
  - How to search the Navigator's alcohol treatment locator
  - Recommended questions to ask – and answers to listen for [**Worksheet #3**]
- **To find addiction doctors** (<https://AlcoholTreatment.niaaa.nih.gov/search-addiction-doctors>) – You will learn:
  - How to search the directories of –
    - The American Board of Addiction Medicine (<https://www.abam.net/find-a-doctor/>)
    - The American Board of Psychiatry and Neurology, addiction psychiatry specialties – (<https://application.abpn.com/verifycert/verifyCert.asp?a=4>)
  - Recommended questions to ask [**Worksheet #4**]

## Summarize Your Options to Help You Choose

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Visit the Navigator to learn how to look for the five signs of quality listed below (<https://AlcoholTreatment.niaaa.nih.gov/quality-treatment>). Although there are no guarantees, providers with these five signs are more likely to offer higher-quality treatment, which can increase the odds of success.

- **Credentials:** Learn about recommended credentials for therapists, treatment programs, and doctors.
- **Comprehensive assessment:** Learn about the many individual factors that need to be considered.
- **Customized, responsive treatment plan:** Learn why one size of treatment doesn't fit all.
- **Evidence-based therapies:** Learn about approaches backed by decades of research.
- **Continuing recovery support:** Learn why a long-term strategy is so important.

Use the **Treatment Options Chart [Worksheet #5]** to summarize what you learned from the treatment providers you contacted and to help you choose. Look for options that have the most signs of higher-quality care.





## 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).



# 10 Questions to Ask an Addiction Therapist [Worksheet #2]

*These questions are for clinical psychologists, licensed professional counselors, and licensed clinical social workers. Visit the Navigator website to learn why these questions are important, and what answers to listen for. (<https://AlcoholTreatment.niaaa.nih.gov/questions-addiction-therapists>)*

Therapist Name:

Phone:

Hello. My name is [first name], and I am looking into treatment options for a drinking problem. May I ask you a few questions about your practice?

1. Are you accepting new patients?
2. I found your name in a directory of therapists who treat alcohol and drug addiction. Can you tell me briefly about your background and your credentials?
3. Will you start with a complete assessment and diagnosis? What does that involve?
4. Can you tell me about your treatment approach for people with alcohol problems? What kinds of services do you offer, and what does treatment “look like”?
5. Are you able to arrange for someone to prescribe a medication to treat alcohol use disorder if it is appropriate?
6. If you identify other important issues that need to be addressed—say, mental health or medical issues, or other drug use—what arrangements do you have to help someone receive appropriate care for those issues?
7. What is expected of your patients and their families during treatment?
8. What do you do if someone has a relapse while they are in treatment?
9. Can you help me estimate the cost of treatment? Will insurance cover these costs?
10. If this turns out to be the best option, how soon could treatment begin?

Add any other questions that are important to you or to the person needing treatment.



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# 10 Questions to Ask an Alcohol Treatment Program

[Worksheet #3]

These questions are for alcohol treatment programs. Visit the Navigator website to learn why these questions are important, and what answers to listen for. (<https://AlcoholTreatment.niaaa.nih.gov/questions-treatment-programs>)

Program Name:

Phone:

Hello. My name is [first name], and I am looking into treatment options for a drinking problem. May I ask you a few questions about your program?

1. Can you tell me about your treatment approach? What levels of care and other services do you offer?
2. How do you decide what a person's treatment plan will include? Do you start with a complete assessment and diagnosis?
3. What arrangements do you have to address other medical or mental health issues the person may have while in treatment?
4. Are you able to arrange for someone to prescribe a medication to treat alcohol use disorder if it is appropriate?
5. Is the treatment program licensed and accredited? Can you tell me about the qualifications of your counseling staff?
6. What is expected of your patients and their families during treatment?
7. What do you do if a person has a relapse while in treatment?
8. What about after treatment? Are there ongoing recovery support services available?
9. Can you help me estimate the cost of treatment? Will insurance cover these costs?
10. If this turns out to be the best option, how soon could treatment begin?

Add any other questions that are important to you or to the person needing treatment.



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# Questions to Ask an Addiction Doctor About Alcohol Treatment [Worksheet #4]

*These questions are for doctors who are board certified in addiction medicine or addiction psychiatry.*

Physician Name:

Phone:

## Before making your first appointment:

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Hello. My name is [first name], and I am looking into treatment options for a drinking problem.

Is Dr. \_\_\_ accepting new patients?

**If not:** I am looking for a physician who is board certified in addiction medicine. Is there another physician you could refer me to?

Do you accept our insurance plan?

**If not:** What rate do you charge per visit?

## After your first appointment (preferably after the physician has recommended a treatment plan):

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What are our next steps? What kind of treatment is most appropriate?

Are there other treatment providers you recommend that we work with?  
May I have their contact information?



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# 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?
<b>Name:</b> <b>Number:</b> <b>Address:</b>  <input type="checkbox"/> Doctor <input type="checkbox"/> Therapist <input type="checkbox"/> Program										
<b>Name:</b> <b>Number:</b> <b>Address:</b>  <input type="checkbox"/> Doctor <input type="checkbox"/> Therapist <input type="checkbox"/> Program										
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