

# **Drop-In Article for Newsletters**

## *For an audience of healthcare professionals*

**Finding Quality Treatment for Alcohol Use Disorder**

As a healthcare professional, you are often the first point of contact for people struggling with a drinking problem. You’ve likely noticed that different patients need different treatment options. While many patients benefit from support groups such as AA, for example, others need additional or alternative approaches to recovery.

Fortunately, today there are more alcohol treatment options than you may expect. Healthcare professionals and programs offer evidence-based behavioral care and medications at different levels of intensity in a variety of settings. This includes telehealth alcohol treatment services, an essential during the pandemic.

You can help your patients find quality professional care by using a free online tool, the [NIAAA Alcohol Treatment Navigator](https://alcoholtreatment.niaaa.nih.gov/healthcare-professionals)®. The Navigator is a trustworthy resource from the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a part of the National Institutes of Health. It provides:

* **An overview of evidence-based treatment approaches** that increase the odds for a successful recovery.
* **Search tools and strategies** for finding a range of quality providers, including those who offer telehealth services in your area.

You can use the Navigator in two ways:

* **Build or expand your referral list.** Use the Navigator to add quality specialists—therapists, physicians, and programs—that offer evidence-based care.
* **Share the Navigator directly with patients.** Help your patients and their loved ones understand today’s varied treatment options and locate quality providers.

Here's what primary care providers are saying about the Navigator:

*It takes the guesswork out of finding resources and makes the search process easier.*

*It can put some of the power and decision making into the hands of the patient and family.*

Guide your patients with alcohol problems to a healthier future by visiting the Navigator’s Healthcare Professionals portal today.