NAME OF PRACTICE – TEMPLATE

# Referrals to Help Our Patients Cut Back or Quit Drinking

**What are the options?** Today there are more options to help you cut back or quit drinking than you might expect. You may be aware of specialty outpatient and residential programs. You can also take a do-it-yourself approach where you create a custom care team. A team could include this practice, a board-certified addiction doctor, and a therapist. If desired, you can add a mutual support group.

Please see the below for a sampling of local providers suggested by our practice. Whether a problem is mild, moderate, or severe, different levels of care are available to help you get better. One size does not fit all—it’s important to find a good match for your individual needs. How to get started? See the next page.

## Board-certified Addiction Physicians

## Specialized Therapists

## Outpatient Treatment Programs

## Residential Treatment Programs

**Support Groups**. In addition to treatment by health professionals, many patients benefit from a mutual support group. Options include AA, LifeRing, Secular Organizations for Sobriety, SMART Recovery, and Women for Sobriety. Groups can vary widely, so shop around for one that’s comfortable.

This short referral list was created using the [*Alcohol Treatment Navigator*](https://alcoholtreatment.niaaa.nih.gov/) from the National Institutes of Health.

Neither the NIH nor this practice can endorse any treatment providers nor be responsible for the options ultimately chosen.

To find additional treatment options and learn about the signs of quality care, visit [AlcoholTreatment.niaaa.nih.gov](https://alcoholtreatment.niaaa.nih.gov/)

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**Where do I start?** To begin, we generally recommend a full assessment by a board-certified addiction physician. See those listed on the previous page as a start. The assessment will guide to the right level of care and a good plan. If none of those listed can see you soon, you can find others by visiting [AlcoholTreatment.niaaa.nih.gov](https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/search-for-alcohol-treatment-doctors).

**What questions should I ask?** Treat this process just like you would approach any other health care decision. Do your research, ask questions, and use your best judgment. See the recommended questions, below.

**For board-certified addiction physicians:** For these highly qualified providers, only logistics questions are needed:

* **Availability:** Is the doctor accepting new patients? If not: Is there another board-certified addiction doctor you could refer me to?
* **Costs and insurance:** Do you accept our insurance plan? (Have the name of your insurance provider available.) If not: What rate do you charge per visit?

**For specialist therapists and programs:** Ask these recommended questions to make sure therapists and programs offers higher quality care and will meet your needs.

* **Availability:** We’re exploring several options. If we choose you, how soon could treatment begin?
* **Credentials:** *For therapists:* Can you tell me briefly your background and your credentials? *For programs:* Are you licensed and accredited? Can you tell me about the qualifications of your counseling staff?
* **Comprehensive assessment:** How do you establish a treatment plan? Do you start with a complete assessment and diagnosis? What does that involve?
* **Treatment approach:** Can you tell me about your treatment approach for people with alcohol problems? What kinds of services do you offer, and what does treatment ʹlook likeʹ?
* **Medication assisted treatment:** Can you arrange for someone to prescribe a medication to treat alcohol use disorder?
* **Other mental health and medical issues:** What arrangements do you have for people who need care for other mental health or medical issues?
* **Expectations:** What do you expect of your patients and their families during treatment?
* **Managing relapse:** What do you do if a patient has a relapse while in treatment?
* **Recovery support:** What about after treatment? Are there ongoing recovery support services available?
* **Costs and Insurance:** Can you help me estimate the cost of treatment? Will insurance cover these costs?

**What answers should I listen for?** See the **Toolkit** at [*AlcoholTreatment.niaaa.nih.gov*](https://alcoholtreatment.niaaa.nih.gov/) for questions for providers, the answers to listen for, and forms to help you organize what you learn.