

# NIAAA Alcohol Treatment Navigator New Clinician Page

The screenshot shows the top navigation bar with the NIH logo and the text 'National Institute on Alcohol Abuse and Alcoholism'. Below this are links for 'FAQS', 'HELPFUL LINKS', and 'TOOLKIT', along with a search bar. The main header area features the 'NIAAA ALCOHOL TREATMENT NAVIGATOR' logo and the tagline 'Pointing the way to evidence-based care'. Navigation icons for 'HOME', 'WHAT TO KNOW ABOUT ALCOHOL TREATMENT', 'HOW TO FIND ALCOHOL TREATMENT', 'SUPPORT THROUGH THE PROCESS', and 'FOR HEALTH PROFESSIONALS' are visible. The main content area is titled 'FOR HEALTH PROFESSIONALS' and includes the sub-header 'FOR YOUR PRACTICE'. It features two main sections: 'Learn how to use the Navigator' with a video and tips, and 'Treatment Options Chart' with a downloadable PDF.

**FOR HEALTH PROFESSIONALS**  
Make Better Referrals Tomorrow with the NIAAA Alcohol Treatment Navigator

**FOR YOUR PRACTICE**

**Learn how to use the Navigator**  
Find quality referral resources using the Navigator.

- Watch Video [90 Seconds]
- Read Tips [Download PDF - 103 KB]

**Treatment Options Chart**  
Track the contact information for providers you find in your online searches, and summarize what you learn about them.

- Treatment Options Chart [Download PDF - 103 KB]

- Guidance and fillable forms for you
- Handouts for your patients

The screenshot shows the 'FOR YOUR PATIENTS OR CLIENTS' section. It features a photo of a doctor talking to a patient. Below the photo are two main sections: 'Handout: Find Alcohol Treatment That's Right for You' with a downloadable PDF, and 'Patient Toolkit' with a downloadable PDF. The footer contains navigation links, social media icons, and the NIH logo.

**FOR YOUR PATIENTS OR CLIENTS**

**Handout: Find Alcohol Treatment That's Right for You**  
A brief handout that explains alcohol treatment and describes how the *Navigator* can point the way to evidence-based options

- Handout [Download PDF - 103 KB]

**Patient Toolkit**  
The *Navigator Toolkit* outlines a search strategy and includes worksheets to guide the search for treatment options

- Full Toolkit [Download PDF - 103 KB]

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NIH National Institute on Alcohol Abuse and Alcoholism



## It's a Search Strategy, Not a Locator

How to create a high-quality, curated referral list of evidence providers offering evidence-based alcohol treatment

- STEP 1: Search.** Use the *Navigator* search strategies to fill gaps in your referral list. You might add, for example, outpatient and residential programs, as well as board-certified addiction physicians and addiction therapists.
- STEP 2: Call.** Call the providers and programs to ask questions recommended in the Navigator. See if they offer evidence-based care, meet the needs of your patient population, and are available.
- STEP 3: Choose.** Select the best options to create your new, expanded referral list.

**STEP 1: Search.** Use the Navigator search strategies to fill any gaps in your referral list. The Navigator provides trusted directories and strategies to help you find the professional providers **highlighted below.**

### Referral Options for Patients with Alcohol Use Disorder



*Overnight stays*

**Detox**

safe withdrawal management

**Residential programs**

medication and behavioral treatment



*Outpatient visits*

**Outpatient programs**

medication and behavioral treatment

**Board-certified addiction physicians\***

comprehensive evaluations and medication treatment

**Addiction therapists\***

assessments and behavioral treatment

*\*Provide individualized, quality care while maintaining privacy*



*Mutual support*

**Post-treatment support**

Mutual-help groups such as AA if desired



# STEP 3: Choose.

Select the best options and transfer the contact information create your new, expanded referral list. Enter the providers in the Navigator's form-fillable **Referral List Template** if desired.

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. These include specialty outpatient and residential programs or a do-it-yourself approach where you create a custom care team. A care team could include, for example, this practice, a board-certified addiction physician, and a specialized therapist. If desired, you can add a mutual support group.

Please see the below for a sampling of local health professionals and programs suggested by our practice. Whether your condition 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.

### Board-certified Addiction Physicians

### Outpatient Treatment Programs

### Specialized Therapists

### 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](#) 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](http://AlcoholTreatment.niaaa.nih.gov)



*If desired, use the fillable template to organize the best options you found through your search*



## Potomac Internal Medicine Group 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. These include specialty outpatient and residential programs or a do-it-yourself approach where you create a custom care team. A care team could include, for example, this practice, a board-certified addiction physician, and a specialized therapist. If desired, you can add a mutual support group.

Please see the below for a sampling of local health professionals and programs suggested by our practice. Whether your condition 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.

### Board-certified Addiction Physicians

Maryann E. Amirshahi, PharmD, MD  
110 Irving Street NW  
Washington, DC 20010  
202-877-7632

Peter R. Cohen, MD  
5450 Knoll North Drive  
Columbia, MD 21045  
410-715-1180

Caroline M. DuPont, M.D.  
6191 Executive Boulevard  
North Bethesda, MD 20852  
301-231-9010

### Outpatient Treatment Programs

Kolmac Outpatient Recovery Center  
8561 Fenton Street, Suite 250  
Silver Spring, MD 20910  
240-821-1222

Andromeda Transcultural Health  
1400 Decatur Street NW  
Washington, DC 20011  
202-291-4707

Whitman Walker Addiction Treatment Services  
1525 14th Street NW  
Washington, DC 20005  
202-745-6153

### Specialized Therapists

Jen Hackler, LCSW  
1001 Spring Street Suite 110  
Silver Spring, MD 20910  
301-684-8137

Joshua M. Cohen, PhD  
966 Hungerford Drive, Suite 32A  
Rockville, MD 20850  
240-813-4610

Cendrine Robinson, PhD, MPH  
5530 Wisconsin Ave 1528  
Chevy Chase, Maryland 20815  
301-825-8875

### Residential Treatment Programs

Crossroads Adult Residential Programs  
6901 South Van Dorn Street  
Alexandria, VA 22315  
703-313-6344

Sagebrush Treatment Inc Inpatient/Residential  
11901 Plantation Drive  
Great Falls, VA 22066  
888-406-7444

Phoenix House Men's Residential Ctr,  
521 North Quincy Street  
Arlington, VA 22203  
703-841-0703

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# NIAAA Clinician's Core Resource for Alcohol

## What Every Clinician Needs to Know About Alcohol

 National Institute on Alcohol Abuse and Alcoholism

SEARCH



### Clinician's Core Resource for Alcohol

#### KNOWLEDGE BANK

What every clinician needs to know about alcohol

##### Foundational knowledge

- **Definitions:** From moderate & risky drinking patterns to AUD
- **Risks across the lifespan:** From FASD to adolescents to elderly
- **Neuroscience:** AUD as a brain disease

##### Patient presentation of alcohol-related issues

- **Common presentations:** Medical and mental health issues
- **Medication interactions:** Prevalence and risks
- **Alcohol withdrawal:** Physical and affective features

##### Clinician strategies for prevention and treatment

- **Reduce stigma:** Increase patient help-seeking behavior
- **Screen and assess:** Use quick, effective methods
- **Conduct brief intervention:** Build motivation to change
- **Recommend evidence-based treatment:** Know the options
- **Refer to quality providers:** Create referral list with new tool

#### RESOURCE LIBRARY

[Primary Care](#)

[Hepatology](#)

[OB/GYN](#)

[Emergency Care](#)

[Health Systems](#)

# NIAAA Clinician's Core Resource

## Sample Article

NIAAA Clinician's Core Resource

### EFFECTIVE TREATMENTS FOR ALCOHOL USE DISORDER (AUD)

*"The middle-aged man in my exam room wasn't an alcoholic. At least, that's what she declared to me as I asked him questions about his drinking. 'I'm not like those people,' he said, smiling nervously. 'I go to work. I don't fall down the stairs. I don't embarrass myself.' As we spoke further about the consequences of drinking six to seven beers every night (and a few shots here and there), he kept pushing back. 'I just need to relax. I'm stressed at work and at home. Money's tight. I'm like everyone else. I'm normal.' ... As a medical community, we do not take unhealthy alcohol use as seriously as we should. This is maddening. We have treatment that works, is cost-effective and saves lives; but our patients aren't getting it."*  
— E. Poorman, M.D., Primary Care

#### INTRODUCTION

Alcohol use disorder is a treatable brain condition. There are two basic types of evidence-based treatment for alcohol use disorder (AUD): FDA-approved medications and behavioral therapies. These can be used in combination and tailored to individual patient needs. A mutual help group such as AA can benefit many patients as well.

#### MEDICATIONS

Direct involvement of physicians and other health care professionals in identifying and treating alcohol use disorder is possible, practical, and necessary. To date, three medications have been shown to be effective in, and are approved by the Food and Drug Administration (FDA) for, the management of alcohol dependence or the prevention of relapse to alcohol use.

- **Acamprosate** is indicated for the maintenance of abstinence from alcohol in patients dependent on alcohol who are abstinent at treatment initiation.
- **Disulfiram** is an aid in the management of selected patients who want to remain in a state of enforced sobriety so that supportive and psychotherapeutic treatment may be applied to best advantage.
- **Oral naltrexone (naltrexone hydrochloride tablet)** is indicated for the treatment of alcohol dependence.
- **Extended-release injectable naltrexone** is indicated for the treatment of alcohol dependence in patients who have been able to abstain from alcohol in an outpatient setting.

#### BEHAVIORAL THERAPIES

Also known as counseling or "talk therapy," behavioral treatments involve working with a health professional to identify and help change the behaviors that lead to alcohol use disorder (AUD). Behavioral treatments are offered by trained health professionals in a variety of settings and may be provided in combination with prescribed medications.

Evidence-based behavioral treatments share certain features, which can include: Developing the skills needed to stop or reduce drinking; bolstering the ability to manage emotions and stress; helping to build a strong social support system; working to set reachable goals, and coping with or avoiding the triggers that might cause relapse.

Types of evidence-based behavioral treatment include the following:

- **Cognitive-behavioral therapy (CBT)** can take place one-on-one with a therapist or in small groups. CBT focuses on identifying the feelings and situations (called "cues") that lead to heavy drinking and managing stress that can lead to relapse. (More... see original)
- **Motivational enhancement therapy** is conducted over a short period of time to build and strengthen motivation to change drinking behavior. The therapy focuses on helping the patient identify the pros and cons of seeking treatment, form a plan for making changes in drinking behavior, build confidence, and develop the skills needed to stick to the plan.
- **Contingency management approaches** incorporate tangible rewards that are given to patients who achieve specific, measurable treatment goals. This approach is used to reinforce positive behaviors such as abstinence or regular attendance.
- **Behavioral couples and family counseling** involve partners and other family members in the treatment process. The approaches incorporate positive activities, communication skills training, and identifying relapse triggers. Family support strengthened through family therapy increases the chances of maintaining abstinence compared with individual counseling alone.
- **Brief interventions** are usually delivered in a few short, one-on-one counseling sessions. The physician or counselor provides information about the individual's drinking pattern and potential risks and helps to set goals and provide ideas for making a change.
- **12-Step Facilitation Therapy** is an engagement strategy used in counseling sessions to increase a patient's active involvement in 12-step-based mutual help groups (such as AA), in addition to professionally led outpatient treatment. The counselor works with the patient to encourage, review, and reinforce their participation in AA, in a structured process that may include reading assignments, journaling, and setting AA participation goals for the week.

#### CLINICAL TAKEAWAYS

- **Takeaway # 1:** Consider prescribing one of the FDA approved medications when treating a patient who is dependent on alcohol or who has stopped drinking but is experiencing problems including cravings or relapses. Patients with moderate or severe alcohol use disorder, including those who have physiologic dependence or who are experiencing cravings and have not improved in response to psychosocial approaches alone, are particularly strong candidates for medication-assisted treatment.
- **Takeaway # 2:** Medications should be prescribed as part of a comprehensive treatment approach that includes counseling and other psychosocial therapies (through referral to a psychiatrist, psychologist, or professional counselor) and social supports (through participation in Alcoholics Anonymous and other mutual-help programs).
- **Takeaway #3:** It's important to steer your patients toward therapists who provide evidence-based behavioral therapy for alcohol use disorder. The NIAAA Alcohol Treatment Navigator (see Resources) can help you and your patients to recognize and find providers offering higher quality care.

#### RESOURCES

#### REFERENCES



# NIAAA Alcohol Treatment Navigator

Make Better Referrals for  
Patients With Alcohol Problems

The screenshot shows the homepage of the NIAAA Alcohol Treatment Navigator. At the top, there is a navigation bar with the NIH logo and the text 'National Institute on Alcohol Abuse and Alcoholism'. Below this, there are several menu items: 'HOME', 'WHAT TO KNOW ABOUT ALCOHOL TREATMENT', 'HOW TO FIND ALCOHOL TREATMENT', 'SUPPORT THROUGH THE PROCESS', and 'FOR HEALTH PROFESSIONALS'. A large banner image features a doctor and an elderly patient, with the text 'FOR HEALTH PROFESSIONALS' and 'Make Better Referrals Tomorrow with the NIAAA Alcohol Treatment Navigator'. Below the banner, there is a section titled 'FOR YOUR PRACTICE' which includes two main items: 'Learn how to use the Navigator' with a video and PDF download options, and 'Treatment Options Chart' with a PDF download option.

# NIAAA Clinician's Core Resource for Alcohol

What Every Clinician Needs to Know  
About Alcohol

The screenshot shows the 'Clinician's Core Resource for Alcohol' page. It features a search bar at the top right. The main content is organized into a 'KNOWLEDGE BANK' section, which includes: 'Foundational knowledge' with bullet points on definitions, risks across the lifespan, and neuroscience; 'Patient presentation of alcohol-related issues' with bullet points on common presentations, medication interactions, and alcohol withdrawal; and 'Clinician strategies for prevention and treatment' with bullet points on reducing stigma, screening and assessment, conducting brief interventions, recommending evidence-based treatment, and referring to quality providers. To the right of the knowledge bank is a 'RESOURCE LIBRARY' section with links for 'Primary Care', 'Hepatology', 'OB/GYN', 'Emergency Care', and 'Health Systems'.