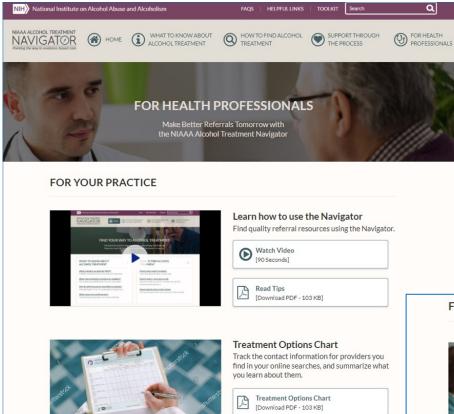
NIAAA Alcohol Treatment Navigator

New Clinician Page



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





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



Detox

safe withdrawal management

Residential programs

medication and behavioral treatment



Outpatient programs

medication and behavioral treatment

Board-certified addiction physicians*

comprehensive evaluations and medication treatment

Addiction therapists*

assessments and behavioral treatment

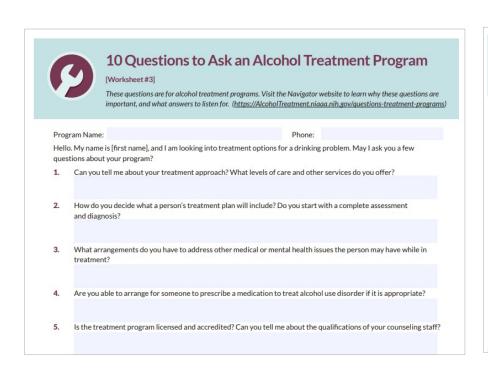
*Provide individualized, quality care while maintaining privacy

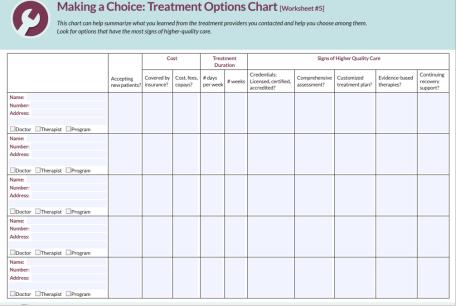


Post-treatment support

Mutual-help groups such as AA if desired

STEP 2: Call. Contact providers and programs to ask specific questions recommended in the Navigator. The Navigator also provides the answers to listen for. See if the providers offer evidence-based care, meet the needs of your patient population, and are available. Capture contact information and details in the *Treatment Options Chart*, 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** and a specialized therapist. If desired, you can add a mutual support group. 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 **Residential Treatment Programs** Specialized Therapists Caroline M. DuPont, M.D. 6191 Executive Boulevard North Bethesda, MD, 20852 301-231-9010 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 Support Groups In addition to treatment by health professionals, many patients benefit from a mutual support Chevy Chase, Maryland 20815 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

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.

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.

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

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

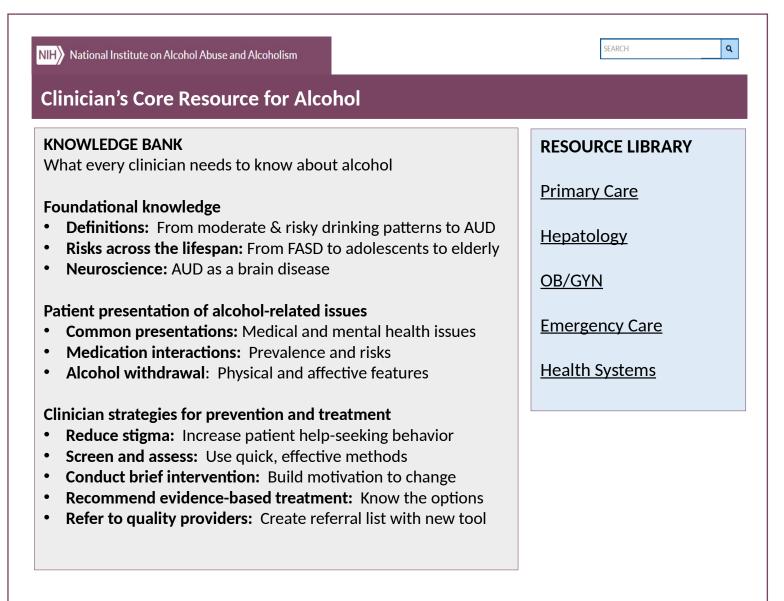
Phoenix House Men's Residential Ctr. 521 North Quincy Street Arlington, VA 22203

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.

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NIAAA Clinician's Core Resource for Alcohol

What Every Clinician Needs to Know About Alcohol



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 aetting 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

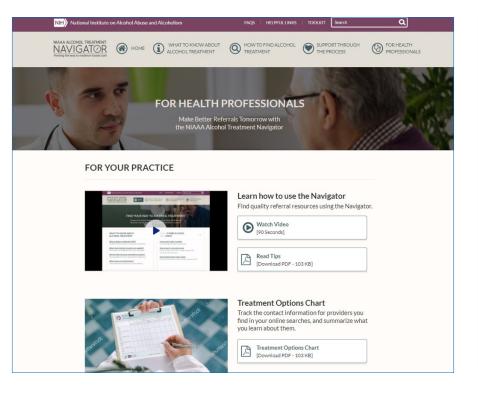
- Takeaway # 1: Consider prescribing one of the FDA approved medications when treating a
 patient who is dependent on alcohol or who has stopped drinking but is experiencing problems
 including cravings or relapses. Patients with moderate or severe alcohol use disorder, including
 those who have physiologic 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 evidencebased 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



NIAAA Clinician's Core Resource for Alcohol

What Every Clinician Needs to Know About Alcohol

