

# Treatment Options

NIDAMED Patient Resources Series

To download this and other flyers in this series, visit <http://www.drugabuse.gov/nidamed>.

## What to Look For

When you or a family member is ready to enter addiction treatment, ask the following key questions:

Do they use evidence-based treatments shown to work in clinical trials (up-to-date on best practices)?

Are treatments tailored to the needs of each patient (not one-size-fits-all)?

Is treatment continuously adapted for a patient's changing needs? (Patients' needs change, so must the treatment.)

How long is the treatment? (Research suggests treatment of 3 months or longer.)

## Treatment Types

Behavioral therapies ("talk" therapy). May address motivation to change, incentives for abstinence, and skills to resist drug use, improve problem-solving, and enhance relationships.

Medications. Available for nicotine, alcohol, and opioid addiction.

Combination therapies. Available medications used in combination with behavioral therapy may be more effective than either approach alone.

## Resources

The Substance Abuse and Mental Health Services Administration (SAMHSA) maintains a Web site that includes a treatment locator (<http://findtreatment.samhsa.gov>) and other useful information.

The American Academy of Addiction Psychiatry and the American Academy of Child and Adolescent Psychiatry each have physician locator tools posted on their Web sites at <http://www.aaap.org> and <http://aacap.org>, respectively.

The National Suicide Prevention Lifeline (1-800-273-TALK) can also help connect individuals with a nearby treatment professional.

To participate in testing promising drug abuse therapies, contact NIDA's National Drug Abuse Treatment Clinical Trials Network at <http://www.drugabuse.gov/CTN/Index.htm>.

