



10 Questions to Ask Providers [Worksheet 3]

The questions below will help you learn whether a provider offers higher-quality treatment for alcohol problems and is a good fit for your situation. Get expert guidance on why to ask each question and what to listen for in the answers by visiting the Navigator Step 2—ASK page: <https://alcohol.treatment.niaaa.nih.gov/how-to-find-alcohol-treatment/how-to-search-what-to-ask/step-2-ask-10-recommended-questions>.

Provider Name:

Contact:

- 1. Availability:** We're exploring several options. If we choose you, how soon could treatment begin?
- 2. Costs and insurance:** Can you help me estimate the cost of treatment? Will insurance cover these costs?
- 3. Credentials:** *For programs:* Are you licensed and accredited? Can you tell me about the qualifications of your counseling staff? *For therapists:* Can you tell me briefly your background and your credentials? *For addiction doctors:* Is the doctor board certified in addiction medicine or addiction psychiatry?
- 4. Full assessment and personalized plan:** How do you establish a treatment plan? Do you start with a complete assessment and diagnosis? What does that involve?
- 5. Treatment approach (listen for science-based therapies):** Can you tell me about your treatment approach for people with alcohol problems?
- 6. Medication assisted treatment:** *For programs and therapists:* Can you arrange for someone to prescribe a medication to treat alcohol use disorder if appropriate? *For addiction doctors:* Can you confirm that the doctor prescribes medications to treat alcohol use disorder if appropriate?
- 7. Support for other mental health and medical issues:** How do you help people address other mental health or medical issues if needed?
- 8. Expectations:** What do you expect of your patients and their families during treatment?
- 9. Managing relapse:** What do you do if a patient has a relapse while in treatment?
- 10. Recovery support:** What about after treatment? Is ongoing recovery support available?



National Institute
on Alcohol Abuse
and Alcoholism

AlcoholTreatment.niaaa.nih.gov

NIAAA ALCOHOL TREATMENT
NAVIGATOR
Pointing the way to evidence-based care