



Choices Chart [Worksheet 1]

This chart can help you to organize and compare what you learn about different providers and to make a choice. Look for options that have the most signs of higher-quality care. Visit <https://www.AlcoholTreatment.niaaa.nih.gov> to learn what to ask providers and how to listen for quality in the answers.

	Accepting new patients?	Cost		Treatment Duration		Signs of Higher Quality Care				
		Covered by insurance?	Cost, fees, copays?	# days per week	# weeks	Credentials: Licensed, certified, accredited?	Full assessment?	Personalized treatment plan?	Science-based therapies?	Continuing recovery support?
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