



Name _____ Class _____ Date _____

Options for Treatment

There are a variety of treatment methods currently available to treat **alcohol abuse**, thanks to significant advances in the field over the past 60 years. Ultimately, there is no one-size-fits-all solution, and what may work for one person may not be a good fit for someone else. Simply **understanding** the **different options** can be an important first step.

Types of Treatment

Behavioral Treatments

Behavioral treatments are aimed at changing drinking behavior through **counseling**. They are led by health professionals and supported by studies showing they can be beneficial.

Medications

Three medications are currently approved in the United States to help people stop or reduce their drinking and prevent relapse. They are prescribed by a primary care physician or other health professional and may be used alone or in combination with counseling.

Mutual-Support Groups

Alcoholics Anonymous (AA) and other 12-step programs provide **peer support** for people quitting or cutting back on their drinking. Combined with treatment led by health professionals, mutual-support groups can offer a valuable added layer of support.



PREVIEW

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They may benefit from some form of treatment.

Research shows that about **one-third** of people who are treated for alcohol problems have **no further symptoms** one year later. Many others substantially reduce their drinking and report fewer alcohol-related problems.

Information Resources

National Institute on Alcohol Abuse & Alcoholism
www.niaaa.nih.gov 301-443-3860

National Institute of Mental Health
www.nimh.nih.gov 1-866-615-6464

National Clearinghouse for Alcohol & Drug Information
www.samhsa.gov 1-800-729-6686





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Adverse Consequences of Underage Drinking

Types of Treatment

Behavioral Treatments

Medications

Mutual-Support Groups



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Information Resources

