



Name _____ Class _____ Date _____

Options for Treatment

Addiction is a **complex disorder** that can involve virtually every aspect of an individual's life—in the family, at work and school, and in the community. Addiction can be treated, but it's not simple. Understanding the different options can be an important first step.

Types of Treatment

Behavioral Treatments

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

Behavioral therapies help patients:

- *modify their attitudes and behaviors related to drug use*
- *increase healthy life skills*
- *persist with other forms of treatment, such as medication*



Medications

Med
relap
or in

Mut
Alco
quitt
valu



PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

Where to Go for Information & Help

The National Institute on Drug Abuse (NIDA)

Information on a variety of drugs and related topics. Free downloads, informative videos and games, and a blog for teens. Learn how different drugs affect the brain and body, and read real stories from teens who have struggled with drug use and addiction.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA)

The latest research, news and other resources related to alcohol. Find quizzes and other interactive resources especially for young teens.

The National Institute of Mental Health (NIMH)

Learn more about mental health conditions like depression or schizophrenia. Read the Director's Blog on various topics, including suicide prevention, bipolar and borderline personality disorders, and coping with traumatic events

Substance Abuse and Mental Health Services Administration (SAMHSA)

Call the SAMHSA Treatment Referral hotline at **1-800-662-HELP**.



Name _____ Class _____ Date _____

Options for Treatment

Types of Treatment

Behavioral treatments include:

- _____
- _____
- _____

How can **medications** help?

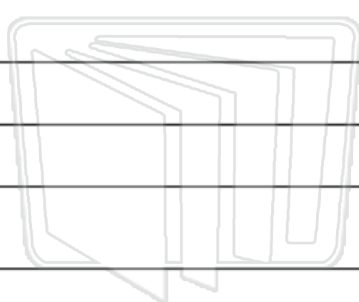


Mu



PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet



NEW PATH LEARNING