

NIAAA Alcohol Treatment Navigator helps find quality treatment of alcohol use disorder
Described as a “game-changer” by individuals in the alcohol treatment community

An important new online resource is now available to help people recognize and find high quality treatment for alcohol use disorder (AUD), which affects more than 15 million adults in the United States. The *NIAAA Alcohol Treatment Navigator* helps individuals and their loved ones negotiate the often-complicated process of choosing treatment for alcohol misuse by telling them what they need to know, and what they need to do, to recognize and choose quality care.

The landmark *Navigator* website is comprehensive, yet easy-to-use -- guiding users through a step-by-step process to find highly-qualified treatment professionals. It helps create informed consumers by describing AUD and the various treatment options available, explaining the importance of “evidence-based” practices, providing tips on how to recognize five signs of quality care, and recommending specific steps to find quality treatment, including 10 questions to ask potential providers. It also features online directories of treatment providers, with instructions on how to use the directories, and a downloadable toolkit to help organize and simplify the search process.

In development for more than two years, the Navigator is based on decades of scientific research on clinical interventions and health services, with input from treatment providers, researchers, people seeking treatment, and their families. Individuals can use this comprehensive resource to better understand treatment options; families can get information that will empower them to help an adult loved one; and health professionals can use it as a tool to share with patients/clients who need a referral.

The NIAAA Alcohol Treatment Navigator: www.AlcoholTreatment.niaaa.nih.gov