

*Dedicated to the reduction of individual and community problems related to the use of alcohol and other drugs  
and the chronic disease of addiction.*

### PRINCIPLES OF EFFECTIVE TREATMENT AND RECOVERY

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1. Substance dependency is a chronic disease and requires a chronic care model of treatment.
2. Within that chronic care model, treatment of substance dependency conditions requires a continuum of care and a longitudinal perspective.
3. Assessment is the first step in treatment.
4. Detoxification, when indicated, is only the first component of addiction treatment, and by itself does little to change long-term alcohol/drug use.
5. No single treatment is appropriate for all individuals.
6. Treatment needs to be readily available.
7. Treatment does not need to be voluntary to be effective.
8. Effective treatment attends to multiple and individual needs of the person, not just his or her alcohol/drug use.
9. Remaining in treatment for an adequate period of time is critical for the production of stable behavioral change.
10. An individual's treatment plan must be assessed and modified continually based upon the person's changing needs.
11. Recovery from alcohol/drug dependency can be a long-term process and frequently requires multiple episodes of treatment.
12. Recovery from alcohol/drug addiction requires effective treatment followed by management of the problem over time.
13. Continuity of care is essential for all individuals with alcohol/drug conditions, including those re-entering the community.
14. A balance of rewards and sanctions encourages prosocial behavior and treatment participation.
15. Criminal justice supervision, when present, should incorporate treatment planning for an individual's alcohol/drug condition, and treatment providers should be aware of criminal justice supervision requirements.
16. Treatment planning needs to include assessment for serious medical conditions, such as HIV/AIDS, Hepatitis B and C, tuberculosis and other infectious diseases, and should include strategies to reduce risk, prevent and treat these conditions.
17. Individuals with co-occurring alcohol/drug and mental health problems need to have both disorders treated within an integrated treatment approach.
18. Medications are an important element for many participants, especially when combined with counseling and other behavioral therapies.
19. Individual and/or group counseling and other behavioral therapies are critical components of effective treatment for alcohol/drug dependency.

Sources: NIDA: Principles of Effective Treatment: A Research-based Guide, 1999; NIDA: Principles of Drug Abuse Treatment for Criminal Justice Populations, 2006.