

OUD Treatment Program Scorecard

You can compare treatment options using the program scorecard. In the scorecard, you are looking to fill in the “yes” column as much as possible. The first two services (“medication” and “medication taper not required”) should always be marked “yes.” You can fill this out over the phone. Just ask whether they offer each service. Not all of the services listed will be important to you or your loved one. Single out those you care about most.

Service	Yes	No
Medication (buprenorphine or naltrexone)		
Medication taper not required		
Interim treatment while on wait list		
Assessment of psychiatric and medical disorders		
Medical personnel (nurse, physician) on-site		
Psychiatrist on-site or available for consultation		
Licensed psychologist on-site		
Therapists adequately qualified		
Evidence-based therapies		
Cognitive behavioral therapy (CBT)		
Motivational enhancement therapy (MET)		
Contingency management (CM)		
Community reinforcement approach (CRA)		
Community reinforcement and family training (CRAFT)		
Behavioral couples therapy		
Strategic family therapy		
Multidimensional family therapy (MDFT)		
Acceptance and commitment therapy (ACT)		
Dialectical behavior therapy (DBT)		
Prolonged exposure therapy		
Mindfulness-based cognitive therapy		
Cognitive behavioral therapy for insomnia (CBT-I)		
Neuropsychological evaluation		
Nutritional counseling		
Physical and exercise counseling		

Service	Yes	No
Individualized treatment plan		
Individualized programming		
Flexible duration of treatment		
Group therapy		
Individual therapy		
Family program		
Treatment of co-occurring disorders with medication and therapy		
Coordination with a prescribing provider (if outside the program)		
Linkage to other evidence-based programs if additional treatment is needed		
Linkage to self-help groups in the community		
Recovery planning		

Other Questions to Ask Treatment Providers

- Do you prohibit the use of any medications? If yes, which medications?
- How long is the program?
- Is there a wait list?
- What does treatment cost?
- What are average out-of-pocket expenses after insurance?
- How do you help families use their health insurance to pay for treatment?
- What percentage of people are discharged on medications?
- What treatment do people usually go to after discharge?
- Do you follow up with people after they leave the program?
- Is there an option to follow up with the primary therapist on the phone after discharge? Is it a scheduled or “as-needed” follow-up?
- What happens if a person relapses and wants to come back to treatment?

treatment until you spend some time understanding yourself and your situation.

Understanding Your Strengths

Everyone has problems. Everyone also has the ability to overcome many of them. The first step to understanding your situation is to know what your problems are—as well as your strengths. When you were using, you had to be resourceful. You can use some of those same skills in positive ways to solve some of your problems.

Fill in the blanks in the chart. The first column lists different aspects of your life. You can add to this column, if you want. The second column is blank. Here, list one or two problems you have in this area of your life. In column three, list your strengths, or some of the skills you possess that can help you solve or deal with your problem. These are resources you can use as you embark on the journey toward a drug-free and fulfilling life.

Your Problems and Strengths

	My Problem	My Strengths & Resources
Health		
Mental Health		
Relationships with Family		
Relationships with Friends		

Your Problems and Strengths

	My Problem	My Strengths & Resources
Housing		
Employment		
Finances		
Community		
Spiritual Life		

Understanding Your Hopes

Now think about your hopes and aspirations. When you started using drugs regularly, you might have given up a lot of your interests. Allow yourself to think about the positive things that can be a part of your life. When you stop using drugs, you will likely have a lot of free time and extra money. Most people don't expect this. You may want to plan what you will do with that time.

Think about fun activities, like taking trips you always wanted to go on. Write them down. Next, write down some things that are good for you long-term, such as training for a new job. Imagine yourself three to six months from now. What will you be doing, where will you be living, who will be in your life, and how you will be spending your free time? Then imagine yourself in two to three years. Ask yourself the same questions.

them useful or fun. Those two voices are in a constant conflict, because only one can be right at any given time.

One of these two voices will be more or less dominant at first. There is nothing wrong with this; it is the nature of the struggle with drug addiction. It is best to recognize and accept it. Observe how your mind works rather than trying to suppress or avoid those thoughts. As you progress through treatment, you will notice that your thinking will also begin to change. Your voice for change will become stronger. But you will also go through difficult moments when the voice against change is stronger. This is normal.

Before you begin the journey, allow yourself to explore these two voices. Again, it is useful to write your thoughts down and go back to the list as you go through treatment.

Conflicting Voices		
	Good things about it	Bad things about it
Quit using		
Continue using		

Here are a few suggestions for your list, but try to think of some that are your own:

- Being healthier
- Being happier
- Having more money
- Being safer, less risk of overdose
- Staying out of legal trouble
- Having energy and freedom to do stuff
- Getting to try new things
- Having options to deal with stress
- Fewer conflicts at home
- Fewer problems at work