

Choosing Care After a Previous Treatment Attempt

Use what you learned from previous care to prepare this conversation. You can describe what helped and what did not without treating the earlier experience as a verdict on you.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

NIAAA recommends asking how assessment creates an individual plan, how other health needs are addressed, and what additional help a program offers when needs change. These are useful questions to bring to a new assessment. [1]

Original example: describe the obstacle precisely

Broad statement	Information a new team can discuss
Treatment did not work.	The weekly counseling helped, but travel made regular attendance difficult.
I did not like the plan.	I did not understand the purpose of one part and did not know whom to ask.
I need something different.	My work hours have changed. I want to discuss a schedule I can actually attend.

What I want this team to understand

What helped and is worth keeping

A service, relationship, medicine experience, routine or way of communicating. Describe what it did for you.

What got in the way

Practical barriers, unwanted effects, unmet needs or a concern you did not feel able to raise.

What is different now

Your goals, health, living situation, responsibilities or available support.

Questions for the next conversation

- How will the assessment use this history?
- How would we address the obstacle I described?
- Who should I contact if the same problem starts again?
- When and how would we review or adjust the plan?

One next contact**Person/service, question and arrangement**

Ask for an assessment or discussion; note any referral or records the service requests.

Your choice about detail

Bring the parts of your history that help you explain what you need. This sheet is an original appointment aid, not a recommendation to repeat or change any particular treatment.

Sources and Further Reading

[1] NIAAA: Questions for Alcohol Treatment Programs

<https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/10-questions-for-alcohol-treatment-programs>

[2] SAMHSA: How to Ask for Help

<https://www.samhsa.gov/find-support/how-to-cope/how-to-ask-for-help>