

**TABLE 3**  
**Description of Treatment Programs**

Treatment Programs	Description
Long-term Residential	<ul style="list-style-type: none"> <li>• 24 hours a day of care in nonhospital setting</li> <li>• Uses the Therapeutic Community model</li> <li>• Length of residence: 6 to 12 months</li> <li>• Focuses on “resocialization” of the individual and the entire program’s community – other residents, staff, and the social context</li> <li>• Treatment is highly structured and confrontational</li> <li>• Addiction is viewed as a deficit and focuses on the development of personal responsibility and accountability that includes socially productive living</li> <li>• Activities involve residents to examine damaging beliefs, self-concepts, and destructive patterns of behavior</li> <li>• To adopt new, more harmonious and constructive behaviors</li> <li>• Offers comprehensive and other support services</li> </ul>
Short-term Residential	<ul style="list-style-type: none"> <li>• Provides intensive but brief treatment</li> <li>• Based on the modified 12-step approach</li> <li>• Usually designed to treat alcohol problems</li> <li>• After mid-1980s, began to treat other drug-related disorders</li> <li>• Length of treatment: 3-6 week hospital-based treatment, followed by outpatient therapy and participation in a self-help group</li> <li>• Individuals must continue utilizing outpatient and/or aftercare programs to reduce the chances of relapse after leaving residential</li> </ul>
Outpatient Treatment	<ul style="list-style-type: none"> <li>• Varies in types of intensity of services offered</li> <li>• Cost for service is less than that of inpatient or residential</li> <li>• More accommodating for those with jobs or extensive social supports</li> <li>• Low-intensity programs may offer more than drug education</li> <li>• Intensive day treatment may emulate services from residential programs in both services and effectiveness</li> <li>• Group counseling can be a major component</li> <li>• Some programs are also designed to treat patients with medical or other mental health issues in addition to drug disorders</li> </ul>
Criminal Justice-involved Treatment	<ul style="list-style-type: none"> <li>• Applied to those involved with the criminal justice system</li> <li>• Intervention services are provided prior to, during, after, or in lieu of incarceration</li> <li>• Combines criminal justice sanctions with drug treatment (known to reduce drug abuse and related crimes)</li> </ul>

Source: National Institute on Drug Abuse. (2012b). *Principles of drug addiction treatment: A research-based guide* (3rd ed.). Retrieved from <http://www.drugabuse.gov/publications/principles-drug-addiction-treatment>