

Data Spotlight

National Survey of Substance Abuse Treatment Services

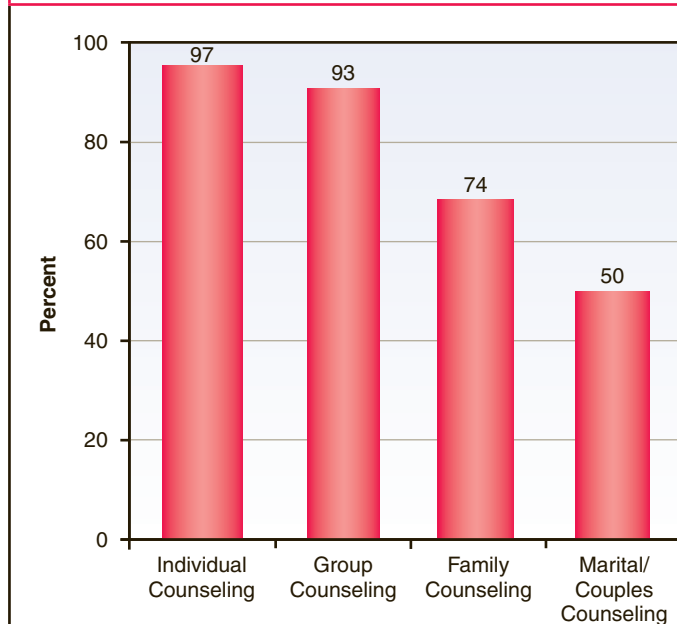
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Most Substance Abuse Treatment Facilities Offer Individual or Group Counseling; Half or More Offer Marital or Family Counseling

Counseling and other behavioral therapies are the most commonly used forms of substance abuse treatment. Counseling can promote recovery by engaging clients in the treatment process, helping them to modify their attitudes and behaviors related to substance abuse and teaching them coping strategies and other healthy life skills.¹ Professional counseling standards require that counselors create a treatment plan tailored to meet the individual needs of each client. The types of counseling techniques and therapeutic approaches specified in the treatment plan are determined by the particular problems and characteristics of the client. Most clients receive counseling either in individual, group, or family counseling sessions.

The National Survey of Substance Abuse Treatment Services (N-SSATS) collects information on the specific types of counseling that are used at substance abuse treatment facilities. In 2009, nearly all of the 13,513 surveyed facilities used individual counseling (97 percent) or group counseling (93 percent) as part of their treatment program; nearly three fourths used family counseling (74 percent), and one half used marital/couples counseling (50 percent; Figure).²

Use of Specific Types of Counseling by Substance Abuse Treatment Facilities: 2009



¹ National Institute on Drug Abuse. (2009, September). *NIDA InfoFacts: Treatment approaches for drug addiction*. Washington, DC: National Institutes of Health. [Available at <http://www.nida.nih.gov/Infofacts/treatmeth.html>; also available in Spanish at <http://www.nida.nih.gov/Infofacts/Metodos-Sp.html>]

² The analysis of marital/couples counseling excludes adolescent-only facilities.

Source: 2009 Substance Abuse and Mental Health Services Administration (SAMHSA) National Survey of Substance Abuse Treatment Services (N-SSATS). N-SSATS is an annual survey of all substance abuse treatment facilities in the United States, both public and private, that are known to SAMHSA. N-SSATS is one component of the Drug and Alcohol Services Information System (DASIS), an integrated data system maintained by the Center for Behavioral Health Statistics and Quality, SAMHSA.

