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## What can be done?

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The best methods to treat alcohol dependency vary, depending upon an individual's medical and personal needs.

- Some heavy drinkers who recognize their problem appear to recover on their own.
- Others recover through participation in the programs of Alcoholics Anonymous or other self-help groups.
- Some alcoholics require long-term individual or group therapy, which may include hospitalization
- Treatment can also be done in community setting
- Prognosis is good even if a person is pressured into treatment
- Patients who come for voluntary treatment have the best prognosis
- Voluntary mutual help organizations play a large role in the treatment
- Effective alcohol control policies are also needed