

Treatment Cost-Benefit Analysis

Weigh the costs and benefits of treatment

Printable worksheet · 4 parts

Name _____ Date _____

Treatment Engagement Cost-Benefit Analysis

Weighing the Pros and Cons of Treatment Decisions in Early Recovery

Anti-Craving Medication • Continuing Care • IOP • Individual Therapy • Sober Living

The Recovery Files

www.TheRecoveryFiles.com

Embrace, Empower & Evolve

This Cost-Benefit Analysis is a decision-support tool. Treatment decisions should be made in collaboration with qualified healthcare professionals who know your specific situation.

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PART 1 OF 4

Learn

Making Informed Treatment Decisions

Early recovery involves many treatment decisions. Each option has real benefits AND real costs. This tool helps you honestly examine both sides so you can make informed choices rather than decisions based on fear, stigma, or avoidance.

Why Examine Treatment Costs?

Acknowledging that treatment has costs doesn't mean you shouldn't do it – it means you're being honest. When we pretend treatment has no downsides, we're unprepared when challenges arise. When we only see costs, we talk ourselves out of life-saving options. Balance is key.

Benefits (Pros)

The positive outcomes, support, healing, and advantages that come from engaging in treatment.

- • What will this help me achieve?
- • How will this support my recovery?
- • What problems will this address?
- • What opportunities does this create?

Costs (Cons)

The challenges, sacrifices, discomforts, and trade-offs involved in this treatment option.

- • What will be difficult about this?
- • What am I giving up or sacrificing?
- • What barriers will I face?
- • What discomfort will I experience?

Treatment Options in This Analysis

Taking Anti-Craving Medication

Using FDA-approved medications (such as Naltrexone, Vivitrol, Acamprosate, Disulfiram, or Suboxone/Buprenorphine) to reduce cravings and support early recovery.

Following Continuing Care Plan

Adhering to the structured aftercare recommendations made by your treatment team, including all scheduled appointments, activities, and recovery requirements.

Engagement in IOP (Intensive Outpatient Program)

Participating fully in Intensive Outpatient Programming, typically 3-5 days per week for 3-4 hours, including group therapy, education, and skill-building.

Engagement in Individual Therapy

Participating in one-on-one therapy sessions with a licensed therapist to address underlying issues, trauma, mental health, and personal recovery work.

Attending Sober Living

Living in a structured sober living environment with other people in recovery, including house rules, accountability, and community support.

How Weighted Analysis Works

Not all costs and benefits matter equally to you. Assign a weight from 1-10 to indicate how important each factor is in YOUR situation.

1-3: Low Impact

Minor concern, wouldn't significantly affect decision

4-6: Moderate Impact

Meaningful factor that matters to you

7-10: High Impact

Major factor, very important to your decision

Important Considerations

Check Your Thinking

Addiction often distorts how we weigh costs and benefits. Short-term discomfort can feel overwhelming while long-term consequences feel distant. Be aware of this bias.

Share With Your Team

Discuss your analysis with your treatment team, sponsor, or counselor. They can help identify blind spots and offer perspective on your weights.

Costs Can Be Addressed

Identifying costs doesn't mean you can't proceed – it means you can plan for them. Many costs can be reduced with support, resources, or time.

Your Life, Your Values

What matters most to YOU should drive your weights. Someone else might weight the same factors very differently – and that's okay.

○ Begin Your Analysis

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Analyze Options

Select a Treatment Option to Analyze

- ☐ Taking Anti-Craving Medication ☐ Following Continuing Care Plan ☐ Engagement in IOP (Intensive Outpatient Program) ☐ Engagement in Individual Therapy ☐ Attending Sober Living

Select a treatment option above to begin your analysis

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PART 3 OF 4

Compare

Treatment Options Comparison

Treatment Option	Benefits	Costs	Net Score	Interpretation
Taking Anti-Craving Medication	00—Not yet analyzed			
Following Continuing Care Plan	00—Not yet analyzed			
Engagement in IOP (Intensive Outpatient Program)	00—Not yet analyzed			
Engagement in Individual Therapy	00—Not yet analyzed			
Attending Sober Living	00—Not yet analyzed			

Visual Comparison

Taking Anti-Craving MedicationNot analyzed

Following Continuing Care PlanNot analyzed

Engagement in IOP (Intensive Outpatient Program)Not analyzed

Engagement in Individual TherapyNot analyzed

Attending Sober LivingNot analyzed

Your Treatment Priority Ranking

Based on your analysis, here's how the options rank by net benefit score:

Complete at least one analysis to see your ranking

Patterns & Insights

What common costs appear across multiple treatment options?

Time, money, vulnerability, stigma...

What benefits are you most drawn to across all options?

Support, structure, safety, healing...

Are there treatment options you're avoiding? What's driving that?

Fear? Stigma? Past experience? Misconceptions?

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PART 4 OF 4

Decide & Plan

Your Treatment Decisions

Based on your cost-benefit analysis, make decisions about each treatment option. Remember: you can revisit these decisions as circumstances change.

Taking Anti-Craving Medication

My decision:

[Select... / Yes – I will engage in this / Yes – with additional support / Still considering / Not now, but open to later / No – not right for me currently]

What would help with this decision?

Following Continuing Care Plan

My decision:

[Select... / Yes – I will engage in this / Yes – with additional support / Still considering / Not now, but open to later / No – not right for me currently]

What would help with this decision?

Engagement in IOP (Intensive Outpatient Program)

My decision:

[Select... / Yes – I will engage in this / Yes – with additional support / Still considering / Not now, but open to later / No – not right for me currently]

What would help with this decision?

Engagement in Individual Therapy

My decision:

[Select... / Yes – I will engage in this / Yes – with additional support / Still considering / Not now, but open to later / No – not right for me currently]

What would help with this decision?

Attending Sober Living

My decision:

[Select... / Yes – I will engage in this / Yes – with additional support / Still considering / Not now, but open to later / No – not right for me currently]

What would help with this decision?

Addressing Your Barriers

The costs you identified are real, but many can be reduced with planning and support.

What are your top 3 barriers across all treatment options?

1. Financial cost / 2. Time/schedule conflicts / 3. ...

What resources or support could help address these barriers?

Insurance coverage, sliding scale fees, employer accommodation, family support...

Preparing to Discuss with Your Treatment Team

Questions I want to ask about treatment options:

About medication side effects? IOP schedule flexibility? Sober living recommendations?

Concerns I want to share honestly:

My fears about medication, financial worries, family concerns...

When will you discuss this with your treatment team?

Your Treatment Engagement Timeline

This Week

Schedule appointments, make calls, gather information...

This Month

Start programs, establish routines, address barriers...

90-Day Goals

Full engagement, evaluate progress, adjust plan...

My Treatment Engagement Commitment

Having honestly examined the costs and benefits of my treatment options, I commit to:

I commit to engaging in the following treatment: • [Treatment option] because [reason] • I will address the costs by [strategies] • I will ask for help with [barriers] • I understand that my recovery is worth the investment...

Date:

Signature (type name):

Your name

Important Reminder

Treatment decisions should be made in collaboration with your treatment team, not in isolation. This analysis is a tool to help you think through options and identify barriers – share it with your counselor, doctor, or therapist. They can help address misconceptions, provide additional information, and support you in making the best decisions for YOUR recovery.

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