

# Substance Use Disorder Treatment and Engagement



Many people living with a physical health condition may also have co-occurring mental health- and substance use-related disorders and may not realize it or are not seeking help. Together with early detection, a prompt referral for evaluation, and a whole person, integrated treatment approach, we can help our members stop or reduce harmful substance misuse. Timely intervention and treatment can increase productivity, health, and overall quality of an individual's life, as well as have a positive economic impact.<sup>1</sup>

## Provider Tips:

- Complete a comprehensive exam before diagnosing, co-existing disorders are not uncommon and can undermine effectiveness and adherence to treatment
- Use evidence-based screening and treatment as recommended by SAMHSA
- Offer virtual, telehealth, and phone visits
- Provide empathic listening and nonjudgmental discussions to engage the patient and caregivers in decision making and relapse prevention plan
- Partner with the health plan to address social determinants, health equity, and quality care
- Offer information on community support options, such as peer support, harm reduction, and peer recovery programs such as Alcoholics Anonymous, Narcotics Anonymous, and Rational Recovery
- Encourage coordination of care between physical and behavioral health providers, including transitions in care
- Offer maintenance medications for patients with opioid use disorder, alcohol use disorder, and/or tobacco use disorder; ensure that patients receiving medications can easily access follow up appointments
- Reinforce the treatment plan and evaluate any medication regimen considering presence/absence of side effects
- Develop working alliances with specialists in substance use disorders for patients who would benefit from specialty care
- Provide timely submission of claims and code substance related diagnosis and visits accurately

## Measures:

- Initiation and Engagement of Substance Use Disorder Treatment (IET)
- Follow-Up After High-Intensity Care for Substance Use Disorder (FUI)
- Follow-Up After Emergency Department Visit for Substance Use (FUA)
- Unhealthy Alcohol Use Screening and Follow-Up (ASF)

## Additional Support:

- National Institute of Drug Abuse, DrugAbuse.gov
- Substance Abuse and Mental Health Services Administration (SAMHSA) Find Help & Treatment, SAMHSA.gov

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<sup>1</sup><https://www.ncbi.nlm.nih.gov/books/NBK424859>