



## ATTENTION: Optum Behavioral Network Practitioners and Clinical Staff

### Treatment for individuals with substance use disorder (SUD):

- When newly diagnosing individuals with a SUD, initiate follow up treatment within 14 days of the diagnosis
- Those same individuals should have two or more additional services within the next thirty (30) days

Source: National Committee for Quality Assurance 2017 HEDIS Specifications, see NQF-Endorsed Measures at [www.ncqa.org](http://www.ncqa.org)

### To help your patients with substance use disorder, we recommend the following actions:

- As soon as patient is diagnosed, encourage your patients to schedule routine follow-up visits
  - Contact your patients if they fail to attend their appointments
- Obtain releases of information (ROI) and involve patient's family and support system in treatment
- Listen for and work with existing motivation for change in your patients

### Treating Individuals Who Have Co-Occurring Disorders

- Optum suggests that individual(s) with an active **primary or secondary diagnosis** indicating abuse of alcohol or other drugs **receive formal services** in addition to community-based recovery support services or mutual aid groups
- Have a **discussion with these individual(s) about the need for continued treatment in order to prevent relapse**
- Communicate relevant treatment information and **coordinate treatment** with other behavioral health practitioners, primary care physicians (PCPs), and other appropriate medical practitioners involved in their care

Source: American Psychiatric Association (2006). *Practice Guideline for the Treatment of Patients with Substance Use Disorders, Second Edition.*

Nothing herein is intended to modify the Provider Agreement or otherwise dictate MH/SA services provided by a provider or otherwise diminish a provider's obligation to provide services to members in accordance with the applicable standard of care.

### Click on the below links to access educational information and screening tools about Substance Use Disorders:

- Our practitioner website, [providerexpress.com](http://providerexpress.com), includes educational materials, member resources and screening tools.
  - [Clinical Resources Page](#) provides access to screening tools and assessments, as well as a link to Live and Work Well clinician center.
  - *Clinical Resources* also includes a [Recovery and Resiliency Toolkit](#) for addressing personal strengths and recovery & wellness planning.
  - [Medication Assisted Treatment Resources](#).
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\) Treatment Locator](#)

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