



Treatment for Individuals with Substance Use Disorder (SUD)

When newly diagnosing individuals with a SUD, please schedule follow up treatment within 14 days of the diagnosis and two or more additional services occurring within 34 days of the initial visit.



How You Can Help

Encourage your patient to schedule routine follow-up visits

Reach out to a patient if they do not attend their appointment

Obtain release of information (ROI) to include the patient's family, support system, and other providers

Assess and work with the patient's existing motivation to change

Treating Co-Occurring Disorders

- Discuss with your patient how continued treatment helps prevent relapse
- Refer for medications for opioid use disorder (MOUD) or medications for alcohol use disorder (MAUD), when appropriate
- For patients with an active primary or secondary diagnosis of moderate to severe substance use disorder, Optum recommends therapeutic treatment, in combination with community-based recovery support services

Sources: National Committee for Quality Assurance 2023 HEDIS Specifications, see NQF-Endorsed Measures at www.ncqa.org

American Psychiatric Association (2018), Practice Guideline for Pharmacological Treatment of Patients with Alcohol Use Disorder; American Psychiatric Association (2006), Practice Guideline for the Treatment of Patients with Substance Use Disorders, Second Edition.

Click on the links below to access educational information and evidence-based screening tools.

- **[Toolkit for Behavioral Health Providers](#)** provides educational materials, screening tools and provider resources
- **[Recovery and Resiliency Toolkit](#)** helps identify personal strengths and facilitates recovery & wellness planning
- **[MOUD/MAUD](#)** provides helpful patient information, provider tools, and clinical resources
- **[Live and Work Well: Substance Use Support Resources](#)** In-network treatment and recovery resources
- **[PsychHub Videos](#)** includes best practices and resources for a variety of behavioral health topics
- **[Substance Abuse and Mental Health Services Administration \(SAMHSA\) Treatment Locator](#)**

SUD Helpline

1-855-780-5955

A 24/7 helpline for providers and patients.

**Assistance with Community Supports,
Referrals, & Education.**

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. This information is provided by Optum Quality Management Department. If you would like to be removed from this distribution or if you have any questions or feedback, please contact us at email: gmi_emailblast_mail@optum.com. Please include the email address you would like to have removed when contacting us.