



Treatment for individuals with substance use disorder

How you can help

- Encourage your patient to schedule routine follow-up visits.
- Reach out 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, and address co-occurring medical-behavioral conditions.

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).
- For patients with an active primary or secondary diagnosis of moderate to severe substance use disorder (SUD), Optum recommends professional services in combination with community-based recovery support services.



Treatment timeline

When newly diagnosing individuals with a SUD, please schedule follow-up treatment within 14 days of the diagnosis and 2 or more additional services within 34 days of the initial visit.

Helpful tools and resources

Explore 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 and wellness planning

[MOUD/MAUD](#) provides helpful patient information, provider tools and clinical resources

[Live and Work Well](#) provides in-network SUD treatment and recovery resources

[PsychHub Videos](#) includes best practices and resources for behavioral health topics

[Documenting Substance Use Disorder \(SUD\) Remissions](#) provides education on remission codes and documentation

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) Treatment Locator](#)

NCQA. [2023 HEDIS Specifications](#).

American Psychiatric Association. [Practice Guideline for Pharmacological Treatment of Patients with Alcohol Use Disorder](#). 2018.

American Psychiatric Association. [Practice Guideline for the Treatment of Patients with Substance Use Disorders, Second Edition](#). 2006.



SUD Helpline

1-855-780-5955

SUD Helpline is a 24/7 helpline for providers and patients, offering assistance with community supports, referrals and education.



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