



Treating Alcohol and Other Drug Disorders

Assessment

All Optum enrollees over 11 years of age should be screened for substance use disorders as part of the assessment process. Several brief assessment tools are available, and Optum encourages the use of such screening tools as:

- AUDIT-C
- CAGE
- CRAFFT

in screening for substance use. These tools can be found online at providerexpress.com > [Clinical Resources](#) > [CQI Tools](#) > [Screening Tools](#).

Best Practice

Beginning intensive treatment early provides patients with the support often needed to begin recovery.

Optum suggests that **individuals newly diagnosed with an Alcohol and Other Drugs disorder (AOD) who are receiving outpatient treatment** be seen at least **weekly for a minimum of six weeks**, in addition to attending community-based support groups.

When treating enrollees with Dual Diagnoses, remember to include all diagnosis codes on each claim.

Clinical Resources

Our resources are developed from peer-reviewed research and clinical expert review.

- providerexpress.com - best practice guidelines
- providerexpress.com - patient education
- nida.nih.gov - National Institute on Drug Abuse

Patient education materials can be printed and cover topics such as:

- Recognizing Substance Abuse and Dependency
- Avoiding Relapse
- Coping with Mental Illness and Addiction
- You can also direct patients to our member website for more information:
liveandworkwell.com