

NetworkNotes

United Behavioral Health-Houston Care Advocacy Center News for UBH Network Clinicians and Facilities

Spring 2011

Co-occurring Mental Health and Substance Abuse Conditions Under-treated

United Behavioral Health members with co-occurring mental health and substance abuse issues should receive treatment for both issues concurrently.

UBH Houston Quality Improvement staff conducted an audit of treatment records for patients who had two inpatient mental health treatment episodes within 30 days at in-network facilities. The purpose of the audit was to determine whether facilities provided substance use/abuse treatment for patients identified as having both mental health and substance use/abuse issues. Specifically, when substance abuse screening was positive, did the facility provide, at a minimum, substance abuse groups during the patient's inpatient

stay and referrals to substance abuse providers at the time of the patient's discharge?

During the first quarter 2010, we audited 121 treatment records for patients who had two or more inpatient mental health treatment episodes within 30 days. Fifty-seven percent (57%) identified patients with both mental health and substance use/abuse issues. Of these, only 51% of the records contained evidence that the patient received both mental health and substance abuse treatment during their inpatient stay and only 43% of the patients received referral for follow-up treatment for both mental health and substance use/abuse issues.

Our goal is that 100% of patients who screen positive for substance abuse/dependency receive:

- Concurrent mental health and substance use treatment while inpatient
- Referrals for follow-up treatment of both mental health and substance abuse/dependency issues

If your facility needs assistance in locating outpatient practitioners that specialize in providing services to patients with a dual diagnosis, please contact the UBH care advocate assigned to the patient's inpatient treatment episode.



Many Patients Unaware of Available Treatment Options

Over 20% of members receiving treatment from network practitioners say they are unaware of available treatment options. Through the most recent member satisfaction survey members reported that their UBH network practitioner informed them about the different kinds of counseling or treatment available 78% of the time. This is a slight improvement compared to the previous survey results.

To further improve this performance, UBH would like to remind you about the [Clinical Resources](#) tab located at the top of the home page on UBH's clinician website, ubhonline.com. The resources available to you on this site include member educational materials as well as links to consumer organizations/self-help groups. We encourage you to provide these materials and resources to our members during their course of treatment.

You can also direct members to www.liveandworkwell.com. This site provides members and families with information about consumer advocacy groups, community resources and self-help groups.

Below is a partial list of consumer organizations/self-help groups your patients may find useful.

- **National Alliance for the Mentally Ill** — www.nami.org

A grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. This site has information about depression and local support groups to help members cope with depression.

- **Depression and Bipolar Support Alliance** — www.dbsalliance.org

A consumer advocacy group providing educational materials and programs for individuals recovering from mood disorders.

- **National Institute of Mental Health** — www.nimh.nih.gov

Federally funded under the National Institutes of Health, the site is an excellent resource for articles describing the signs and causes of various mental health conditions, treatments, and tools for recovery.

- **Substance Abuse and Mental Health Services Administration** — www.samhsa.gov

Offered by the U.S. Department of Health and Human Services, this Web site offers many articles and tools to addressing treatment and recovery from alcohol and drug abuse and addiction.

- **Children and Adults with Attention-Deficit/Hyperactivity Disorder** — www.chadd.org

This informative Web site offers a directory of support groups, and access to educational materials and programs about living with and recovering from Attention Deficit/Hyperactivity Disorder.

The information herein offers informational resources and tools and is intended for educational purposes only. All treatment and level of care decisions are at the discretion of the clinician. Nothing herein is intended as legal advice or opinions. Please consult your legal advisor related to your particular practice.