



## Substance Use Disorder - Initiation and Engagement in Treatment for Teens

The National Institute on Drug Abuse (NIDA) and the Substance Abuse and Mental Health Services Administration (SAMHSA) recommend following the [Screening, Brief Intervention and Referral to Treatment \(SBIRT\)](#) guideline.

### How to help your patients

- If your young patient has a substance use disorder (SUD), it's essential for them to engage in treatment with you or with a SUD treatment specialist within 14 days of their diagnosis.

### Other ways to support your patients

1. Collaborate with your patient on the next best steps:
  - Not everyone is ready to abstain, offer harm reduction advice and resources
  - Help enhance motivation to engage in recovery by linking life goals with current or desired behaviors
  - Help patients decide how to include family & other supports in their recovery plan in accordance with state confidentiality laws for minors
2. Follow up regularly as an active partner in their recovery journey
3. Consider medication assisted treatment if indicated
4. Assess medical comorbidities and other risk behaviors common in adolescents who use substances
5. Refer to a SUD treatment specialist:
  - You can request coordination of care and referrals for members by calling the number on the back of the member's health plan ID card or searching [liveandworkwell.com](https://liveandworkwell.com)

### Helpful tools

1. [Behavioral Health Toolkit \(Child and Adolescent\)](#)
  - Provides SUD education materials, best practice tips and screening tools
2. Screening tool examples:
  - [CRAFFT 2.1](#) - Adolescent Alcohol and Drug Use Questionnaire
  - [CUDIT-R](#) - Cannabis Use Disorder Identification Test

**Optum SUD Helpline: 1-855-780-5955 – Get anonymous support from trained advocates in substance use and recovery**