

# Alcohol and Other Drug Dependence: Initiation and Engagement in Treatment

## How You Can Help

If your patient has a SUD, it's essential for them to begin treatment with a substance abuse provider within 14 days of their diagnosis and have two additional visits within the 34 days after their first visit.

You also can provide support by:

- Encouraging them to accept their treatment plan
- Anticipating resistance and having ideas to overcome it
- Helping them identify challenges to receiving care
- Asking them to engage their family for support
- Following up regularly to make sure they're staying on track

We appreciate you taking an active role in screening your patients ages 13 and older for substance abuse disorder (SUD).

The National Institute on Drug Abuse and the Substance Abuse and Mental Health Services Administration recommend following the Screening, Brief Intervention and Referral to Treatment (SBIRT) guideline at <https://www.samsha.gov/sbirt>.

## How Optum Can Help

- Provide 24/7 support for providers and patients - Substance Use Disorder Helpline: 1-855-780-5955
- Help making appointments for your patients
- Request coordination of care and referrals for your patients by calling the number on the back of the member's health plan ID card to speak to a license clinician or by going on line and search *liveandworkwell.com*

## Clinical Resources Available

**Screening tools** are available on [providerexpress.com](https://providerexpress.com) > Clinical Resources > Alcohol or Other Drug Disorders.

**You can also find additional tools and information about behavioral health issues** on [providerexpress.com](https://providerexpress.com) > Clinical Resources > Behavioral Health Toolkit for Medical Providers.

**Patient education information** is available on [liveandworkwell.com](https://liveandworkwell.com) using access code "clinician." See "Mind & Body" at the top, scroll down to find the links to specific topics.