



Three Steps to Help You Screen, Diagnose and Treat Members with Substance Use Disorders

UnitedHealthcare wants to help its network primary care providers by giving them access to resources to help screen, diagnose, and treat members in its Commercial benefit plans who may have a substance use disorder (SUD). Here are three simple steps you can use to support the care for these members:

Step 1 - Take Advantage of Provider Resources and Screening Tools

To access UnitedHealthcare's behavioral health resources for clinicians go to providerexpress.com > **Clinical Resources > Recovery and Resiliency Toolkit for Providers**

- Resources on this site can help you address the member's personal strengths, recovery and wellness planning, and other related topics for treating a SUD.

Screening tools available at providerexpress.com > **Clinical Resources > Clinical Tools and Quality Initiatives** include:

- CAGE-AID – Adult Alcohol and Drug Use Questionnaire
- CRAFFT – Adolescent Alcohol and Drug Use Questionnaire
- SBIRT – Screening, Brief Intervention, and Referral to Treatment

Step 2 - Motivate Members to Seek Treatment within 14 Days

If you treat a UnitedHealthcare member who has a positive screening for a SUD, it is important that the member has a follow-up visit with you or a behavioral health provider, **within 14 days** of the initial diagnosis of substance abuse. The following website may be helpful to you:

integration.samhsa.gov > **clinical-practice > motivational-interviewing**

These tips may also assist you with assessing the member's condition:

- Recognize their challenges and motivations
- Assist them in identifying their own reasons for change
- Encourage family members and others concerned with the member's wellbeing to increase their engagement in treatment

For members diagnosed with a SUD who need a referral to a licensed behavioral health clinician, go to liveandworkwell.com > **Quick Links > Find a Provider.**

Step 3 - Encourage Members to Use Resources Available to Them

- **Patient Substance Use Treatment Helpline – 855-780-5955:** Available 24 hours a day for anonymous decision-making assistance when patients are ready for, or are contemplating, a SUD course of treatment.
- liveandworkwell.com:
 - Behavioral health care provider lookup
 - Patient self-assessment tools and other evidence-based resources
 - Condition-specific content in a format that is easy to understand

Questions?

For more information, please contact your Provider Advocate.