

## Substance Use Disorder (Teens): Initiation and Engagement in Treatment

We appreciate you taking an active role in screening your patients ages 13 and older for a substance use 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 [samhsa.gov/sbirt](https://www.samhsa.gov/sbirt).

### How You Can Help

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

#### Other ways to support your patient:

- Collaborate with them on the next best steps
- Meet them where they are in the stages of change
- Help them enhance motivation to engage in recovery
- Help them decide how to include family & other supports in their recovery plan
- Follow up regularly as an active partner in their recovery journey

#### 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://www.liveandworkwell.com).

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

#### Example:

- **CRAFFT** – Adolescent Alcohol and Drug Use Questionnaire

### Resources

- More tools and information about behavioral health issues are available on [providerexpress.com](https://www.providerexpress.com) > Clinical Resources > Behavioral Health Toolkit for Medical Providers.
- Patient education information is available on [liveandworkwell.com](https://www.liveandworkwell.com) using access code "clinician". See "Mind & Body" at the top, scroll down to find the links to topics: [liveandworkwell.com/content/en/member/article.16111.html](https://www.liveandworkwell.com/content/en/member/article.16111.html).
- Parent resources are available at: [drugfree.org/](https://www.drugfree.org/)

**SUD HELPLINE: 1-855-780-5955 Confidential, anonymous and free**