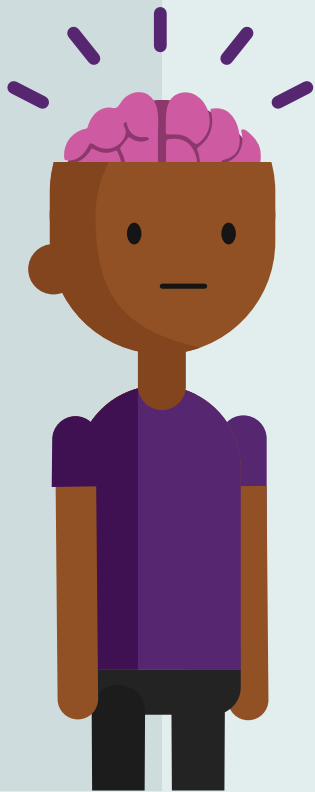


# SUBSTANCE USE DISORDER (SUD) AND CO-OCCURRING DISORDERS

## HOW TO RECOGNIZE AND TREAT CO-OCCURRING DISORDERS

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) 2018 National Survey on Drug Use and Health, approximately 9.2 million adults in the United States have a co-occurring disorder.



Patients with mental health conditions are more likely to use substances than those without a mental health disorder. Diagnosing and treating these co-occurring disorders can be difficult, and often patients are only treated for one of the disorders, leaving the other untreated. Consequences of undiagnosed, untreated or undertreated co-occurring disorders can be severe, and include, but are not limited to homelessness, incarceration, and even early death.

As you treat patients with co-occurring disorders, an integrated treatment approach will typically show the best outcome. Through integrated treatment, practitioners can:

- Address mental and SUD at the same time
- Lower costs and create better outcomes
- Increase awareness and build capacity in service systems which are important in helping to identify and treat co-occurring disorders
- Provide early detection and treatment, which can improve outcomes and quality of life for those who need services

## COMMON PHYSICAL AND MENTAL COMORBIDITIES WITH SUDs

Patients with SUD are more likely to encounter comorbid chronic physical health conditions, like chronic pain, cancer, and heart disease. Substance use, such as alcohol, heroin, prescription stimulants, methamphetamine, and cocaine is directly correlated with an increased risk for cardiovascular and coronary disease.

Three main pathways can contribute to the comorbidity between SUD and mental illness:

1. Common risk factors can contribute to mental illness, substance use, and addiction.
2. Mental illness may contribute to substance use and addiction.
3. Substance use and addiction can contribute to the development of mental illness.

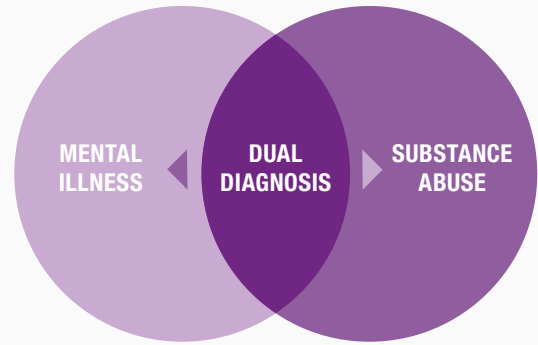
## WHAT TREATMENT OPTIONS DO YOU HAVE?

Integrated treatment for comorbid SUD and mental illness has been found to be more effective compared with separate treatment of each diagnosis.

- Integrated treatment of co-occurring disorders often involves using cognitive behavioral therapy approaches to enhance interpersonal and coping skills, and using methods that support motivation and functional recovery.
- Treatment of comorbidity frequently includes partnership between clinical providers and organizations that provide supportive services to address issues such as homelessness, physical health, vocational skills, and legal problems.

It is important that you are able to identify when a patient may need a referral to a Behavior Health provider for SUD and co-morbid concerns. A commonly used tool is the **Screening, Brief Intervention and Referral to Treatment (SBIRT)** to help determine specific treatment needs for the patient.

- For patients who screen positive for risky or problematic substance use, primary care providers can provide brief interventions, which may range from 5-30 minutes.
- These interventions are not meant to fully treat the patient with a SUD, but to encourage them to seek specialty treatment, as well as prevent their progression from a mild to moderate use disorder to that of severe disorder.
- The SBIRT is a covered benefit for CareSource.



In addition to the screening and brief interventions, CareSource covers MAT. If you do not offer MAT treatment in your setting, you can refer a patient to **Medication Assisted Treatment (MAT)** or to an **Opioid Treatment Program (OTP)**. **If you are interested in becoming a MAT certified provider, please visit the Indiana State Department of Health at <https://www.in.gov/isdh/28078.htm>.**

## HOW CAN YOU HELP YOUR CARESOURCE PATIENTS?

Your CareSource patients can see a mental health professional, or they can go to any provider in the CareSource network. They do not need a doctor's referral or prior approval for most outpatient treatment. Your CareSource patients can find a provider close to them by calling CareSource Member Services at **1-844-607-2829 (TTY: 1-800-743-3333 or 711)**.

## HOW TO FIND A BEHAVIORAL HEALTH PROVIDER FOR CARESOURCE MEMBERS

The CareSource Find a Doctor/Provider tool helps find a variety of health professional including marriage and family therapists, substance use counselors, social workers, community mental health centers, and more. Access the tool at: **CareSource.com** > Providers > Find a Doctor/Provider.

### References:

#### National Institute of Drug Abuse (NIDA)

Comorbidity: Substance Use Disorders and Other Mental Illnesses Drug Facts

<https://nida.nih.gov/publications/drugfacts/comorbidity-substance-use-disorders-other-mental-illnesses#:~:text=Comorbidity%20describes%20two%20or%20more%20conditions%20appearing%20in%20a%20person,condition%20also%20having%20the%20other.>

Common Comorbidities with Substance Use Disorders Research Report

<https://nida.nih.gov/publications/research-reports/common-comorbidities-substance-use-disorders/introduction>

#### Substance Abuse and Mental Health Services Administration (SAMHSA)

Co-Occurring Disorders and Other Health Conditions

<https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/co-occurring-disorders>

2018 National Survey on Drug Use and Health

[https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/Assistant-Secretary-nsduh2018\\_presentation.pdf](https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/Assistant-Secretary-nsduh2018_presentation.pdf)

