



# Overcoming substance use disorders

Coordinated, evidence-based solutions for today's complex health challenges

Substance use disorders are complex conditions that can impact virtually every aspect of a person's life. They are also far more common than most people think.

In fact, in 2015, 21.7 million Americans—8.1 percent of those aged 12 or older—needed treatment for a substance use disorder, according to the Substance Abuse and Mental Health Services Administration (SAMHSA).<sup>1</sup> Even more disturbing is the prevalence of substance use disorders among young adults, ages 18 to 25 years, who used drugs and alcohol more than any other age group in 2015.

Unfortunately, 19.3 million of these individuals did not receive treatment due, in large part, to a lack of access to appropriate behavioral health services. Identifying the best ways to address the needs of these individuals is a significant public health challenge.

## Best practices that improve outcomes

At Magellan, we understand the complexity of substance use disorders and their pervasive consequences. As a leading manager of behavioral health services, we are committed to ensuring that individuals receive the most effective, evidence-based treatments they need to move toward recovery.

Magellan's innovative approach promotes the treatment of and provides the supports that are critical for the management and maintenance of substance use disorders as chronic conditions.

### Medication-Assisted Treatment

Medication-assisted treatment (MAT) is considered a best-practice clinical protocol for individuals with substance use disorders. Magellan's national MAT initiative incorporates the appropriate use of proven medications as part of the discharge treatment plan for individuals with substance use disorders completing inpatient treatment. Many individuals receiving outpatient or disease management services also benefit from the use of MAT through our program.

To ensure the program's effectiveness, we monitor the number of cases in which providers are prescribing these medications and follow readmission rates. Provider education efforts that stress the importance of using appropriate medications when developing substance use disorder treatment plans are integral to the program as well.

### OUR SOLUTIONS FOCUS ON:

- Comprehensive care management
- Clinically appropriate interventions
- Personalized substance use coaching
- Increased provider education
- Improved individual self-management

### Office-Based Opioid Treatment

Office-based opioid treatment (OBOT) programs have proven to be a cost-effective way to increase the reach of treatment and the options available to individuals with opioid dependence. Many individuals have life circumstances that make office-based treatment a better option than specialty treatment facilities.



Utilizing proven, clinical best practices, our solutions ensure that individuals with substance use disorders receive the most appropriate treatment for the best outcomes.

OBOT programs allow for the better integration of health care needs for individuals and thus serve to improve the quality of care provided. This results in reduced substance use, improved compliance with treatment and promotes long-term recovery. Magellan encourages the use of OBOT where medically indicated for the rapid treatment and prevention of relapses.

### **Co-Occurring Disorders**

According to SAMHSA, about 45% percent of Americans seeking substance use disorder treatment have been diagnosed with a co-occurring mental and substance use disorder.<sup>1</sup> In addition, people with a substance use disorder are almost three times as likely to have a serious mental illness as those who do not have a substance use disorder.<sup>2</sup>

Magellan's co-occurring disorders (COD) initiative focuses on the integration of treatment for both mental health and substance use conditions. It emphasizes the need to consider both conditions as primary throughout the treatment service planning.

As part of this effort, we have developed clinical screening and assessment tools to identify and account for individuals who are challenged with CODs as well as descriptive COD communications and comprehensive training tools on evidence-based practices for providers. Our efforts are geared toward engaging individuals in treatment to support community stabilization.

### **KEY COMPONENTS INCLUDE:**

- Medication-Assisted Treatment (MAT)
- Office-Based Opioid Treatment (OBOT)
- Identification and treatment of co-occurring disorders

1. Center for Behavioral Health Statistics and Quality. (2016). *Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health (HHS Publication No. SMA 16-4984, NSDUH Series H-51)*. Retrieved from <http://samhsa.gov/data/>

2. *Substance use and mental disorders: Early detection, prevention and treatment. A Healthy People 2020 Progress Review 2014*. Retrieved from [www.cdc.gov/nchs/ppt/hp2020/hp2020\\_mh\\_md\\_and\\_sa\\_progress\\_review\\_presentation.pdf](http://www.cdc.gov/nchs/ppt/hp2020/hp2020_mh_md_and_sa_progress_review_presentation.pdf)