

## **Substance use disorder**

Anthem Blue Cross has a disease management unit to help our members. The Disease Management Centralized Care Unit has a care management program for members who have a substance use problem (disorder). This program helps you better understand and manage this problem. We can help you set health goals and create a care plan that fits how you live.

### **Living with substance use disorder**

Substance use disorder means using drugs or alcohol in a way that causes harm to yourself or others.

We want you to know you can take control. If you like, we will keep your doctor informed of how you are doing and the services we provide you. Your care manager can help you learn how to better manage and be in control of your substance use disorder.

### **Things to know**

- Your brain changes after using drugs or alcohol over time. You may start to have cravings for the drug or alcohol.
- Common results of abuse or dependence can include:
  - ✓ Often missing work or school
  - ✓ Neglecting family or children
  - ✓ Legal problems
  - ✓ Auto accidents or suspension of driver's license
  - ✓ Needing more and more of the substance and having withdrawal symptoms
- You may also see that you are spending large amounts of time getting and using the drug, loss of friendships as well as physical and psychological harm.
- The important thing to know about substance use disorder is that it can be treated.
- We can share more information to help you with substance use disorder as part of our program.

### **How is substance use disorder treated?**

- The first step to treating substance use disorder is to see a health care provider.
- People with substance use disorder may have other health conditions. It is very important that you talk with your doctor about all of your health conditions.
- A combination of treatments is usually most helpful in treating substance use disorder. Some of the treatments are psychosocial or talk therapy, medication therapy and community-based support.

## **What can you do?**

You can help yourself and your family by getting treatment. Once you start, then stick with it. Don't give up, even though it is hard. It takes time, but treatment is the best way to take care of a substance use disorder and put yourself in control instead of letting it control you. Here are a few things you can do to help with your treatment:

- Talk to your doctor about your treatment.
- Don't take any new drugs, even over-the-counter drugs, until you check with your doctor first.
- Set goals for yourself that are reachable.
- Stay in treatment.
- Keep a daily routine by eating a healthy diet, getting at least eight hours of sleep and staying active.

## **Support to help you manage your substance use disorder**

- We can help you talk to your family or caregiver about your substance use disorder.
- We can assist you in finding community programs and resources in your area.
- Here are a few tips to help you talk with your doctor and get the most out of your visit:
  1. Ask any questions you may have about your substance use disorder. You can write them down and take them with you to your visit.
  2. Follow your doctor's advice. If you have questions or concerns, let your doctor know.
  3. Make sure your doctor knows what medicines you are taking.
  4. If you have any thoughts of hurting yourself (suicide), let your doctor know right away. Your doctor will take these comments very seriously, because your health and feeling well are so important.

## **How can family and friends help?**

Family and friends play an important part in helping a person who has substance use disorder. They will need to know as much as possible about the disorder. Family and friends can also help you to stay in treatment. Family and friends can:

- Encourage you to stay in treatment.
- Talk with you and listen to what you have to say.
- Include you in fun activities.
- Remind you that getting better is possible with the right treatment.
- Attend counseling with you.

## **Important screenings to get:**

- Depression, since this is commonly found when people have a substance use disorder.
- Other health conditions such as high blood pressure or diabetes.
- Preventive care screenings such as wellness checkups, mammograms and Pap tests.
- Assessments related to alcohol or substance use. They consist of a few simple questions that you can complete in private with your primary care provider or specialist.

**If you feel like you want to hurt yourself:**

Get help right away! You can call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255) or TTY: 1-800-799-4TTY (4889)** to talk to a trained counselor. Friends or family should call their loved one's treating psychiatrist or therapist or 911 if a person talks about or tries suicide.

**Here are additional links for more helpful information on managing your substance use disorder:**

- The National Institute of Mental Health **1-866-615-6464 (TTY 1-866-415-8051)** [www.nimh.nih.gov](http://www.nimh.nih.gov)
- Mental Health America **1-800-969-NMHA (6642)**, [www.nmha.org](http://www.nmha.org)
- National Alliance on Mental Illness 1-800-950-NAMI (6264), [www.nami.org](http://www.nami.org)
- Narcotics Anonymous, [www.na.org](http://www.na.org)
- Alcoholics Anonymous, [www.aa.org](http://www.aa.org)

Sources:

\* Alcohol Drug Abuse Rehab Treatment Center website: [www.addict-help.com](http://www.addict-help.com).

\* National Institutes on Health, National Institute on Drug Abuse website: *Topics in Brief: Drugs, Brains and Behavior: The Science of Addiction*, <http://www.drugabuse.gov/publications/topics-in-brief/drugs-brains-behavior-science-addiction>.

\* Substance Abuse and Mental Health Services Administration (SAMSHA) website: [www.samhsa.gov](http://www.samhsa.gov).

**[anthem.com/ca](http://anthem.com/ca)**

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We can translate this at no cost. Call the customer service number on your member ID card.	English
Podemos traducir esto gratuitamente. Llame al número de servicio de atención al cliente que aparece en su tarjeta de identificación (ID Card).	Spanish
يمكننا ترجمة هذا بدون أي تكلفة. اتصل برقم خدمة العملاء الموجود على بطاقة عضويتك ID.	Arabic
Մենք կարող ենք այս անվճար թարգմանել: Կարող եք հեռախոսել Յազատորդների Սպասարկման Բաժնին, որի թիվը կը մտնուեք ձեր ինքնության քարտի (ID) վրա:	Armenian
我們可以免費為您提供翻譯版本。請撥打您ID卡上所列的電話號碼洽詢客戶服務中心。	Chinese
ما مي توانيم اين را به رایگان برایتان ترجمه کنیم. به شماره خدمات مراجعین ما که پشت کارت شناسایی تان (ID) درج شده تلفن برزید.	Farsi
Peb txhais tau qhov no pub dawb. Hu mus rau qhov chaw pab neeg tus naj npawb xov tooj nyob rau ntawm koj daim ID ua mej zeej.	Hmong
យើងអាចបំប្រែជូនដោយឥតគិតថ្លៃផ្នែកសេវាអតិថិជន តាមលេខមាននៅលើកាត ID របស់អ្នក ។	Khmer
저희는 이것을 무료로 번역해 드릴 수 있습니다. 가입자 ID 카드에 있는 고객 서비스부 번호로 연락하십시오.	Korean
Мы можем перевести это бесплатно. Позвоните в отдел обслуживания участников плана по номеру, указанному в вашей карточке участника плана (ID Card).	Russian
Maaari namin itong isalin-wika nang walang bayad. Paki tawagan ang numero ng customer service sa inyong ID card na pang miyembro.	Tagalog
Xin gọi Văn phòng Dịch vụ Hội viên qua số điện thoại ghi trên thẻ ID (thẻ hội viên) của quý vị.	Vietnamese