



Initiation and Engagement of Substance Use Disorder Treatment (IET)

HEDIS measure overview

What is the IET measure?

Numerous studies have shown improved outcomes for individuals who remain in substance use disorder (SUD) programs focused on recovery-oriented care, which prioritizes autonomy, empowerment and respect.¹ Specifically, person-centered care, including shared decision-making, is a treatment approach that focuses on an individual's unique goals and life circumstances. The IET Healthcare Effectiveness Data and Information Set (HEDIS®) measure serves as an important intermediate indicator closely related to outcomes. Studies have shown that more frequent, intense engagements lead to increased positive treatment outcomes and reduced drug-related illnesses.²

Note: IET is an event-based measure. For each SUD episode, there will be a care opportunity that needs to be addressed by a clinician.

Who is included in the IET measure?

Any patient 13 years old and older with the following:

- A new SUD episode **and**
- No prior SUD episodes or medication treatment events within the past 194 days

Exclusions

- Patients in hospice care or using hospice services
- Episodes that do not meet continuous enrollment criteria of 194 days prior to, through 47 days after, the SUD episode date

How does a patient become compliant?

Initiation of SUD treatment

- A follow-up visit within 14 days following the date of the SUD episode
- A medication treatment dispensing event within 14 days after the date of the SUD episode
- If the initial episode was an inpatient discharge, the inpatient stay is considered initiation of treatment and the member is compliant

¹ (2016). Treatment engagement of individuals experiencing mental illness: review and update. World Psychiatry. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4780300/>

² Shea, C. L. (2013). The New Paradigm for Recovery: Making Recovery – and Not Relapse – the Expected Outcome of Addiction Treatment. Report of the John P. McGovern Symposium, from [Making Recovery – and Not Relapse – the Expected Outcome of \(williamwhitepapers.com\)](http://www.makingrecovery.org/MakingRecovery_andNotRelapse_theExpectedOutcome_of(williamwhitepapers.com))

Engagement of SUD treatment

- Two or more engagement visits within 34 days following the date of the initial visit
- An engagement visit on the same date of service as an engagement medication treatment event meets the compliance criteria, even if with the same healthcare provider
- A long-acting SUD medication administration event is considered engagement and the SUD episode is compliant for both follow-up encounters
- Multiple engagement visits on the same day apply only if the visits are with different healthcare professionals

Rates of compliance for initiation and engagement visits are reported and identified via claims for:

- An outpatient visit in a clinic, home or community mental health center, including those for stand-alone, weekly or monthly behavioral health (BH) services
- An outpatient or partial hospitalization stay, including observation visits
- A nonresidential substance abuse treatment facility
- Telehealth visits including e-visits and virtual check-ins
- A pharmacotherapy dispensing event
- A behavioral health screening or assessment for SUD or mental health disorders

Measure best practices

- Explain the importance of timely follow-up care to your patients.
- Coordinate care between behavioral health and primary care physicians.
- Assess and refer a patient with any social determinants of health concerns.
- Document current phone numbers, address and alternate contact person for follow-up outreach.
- Discuss co-occurring conditions to address additional health concerns and potential barriers.

Alcohol use disorder treatment medications

| Description | Prescription |
|----------------------------------|---|
| Aldehyde dehydrogenase inhibitor | Disulfiram (oral) |
| Antagonist | Naltrexone (oral and injectable) |
| Partial agonist | Buprenorphine (sublingual tablet, injection and implant) |
| Partial agonist | Buprenorphine/naloxone (sublingual tablet, buccal film and sublingual film) |
| Other | Acamprosate (oral delayed-release tablet) |

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