

Substance use/addiction treatment

Substance use and addiction can affect people of all ages and walks of life. Substance Use Disorder is a disease in which a person's brain is chemically altered that makes it difficult to quit, despite understanding its harmful effects. The Substance Abuse and Mental Health Services Administration (SAMHSA) states "substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home." Humana Healthy Horizons® strives to provide members with substance abuse services that can assist members in recovery and support health in all areas of their life.

Humana Healthy Horizons uses American Society of Addiction Medicine (ASAM) criteria, which are nationally recognized, evidence-based clinical utilization management (UM) guidelines to determine medical necessity for substance abuse services. The ASAM assessment is a strength-based multidimensional assessment which takes into account a patient's needs, obstacles and liabilities, as well as their strengths, assets, resources and support structure. This information is used to determine the appropriate level of care across a continuum and should be used to develop and drive treatment planning for members. The ASAM Criteria encompass six ASAM dimensions. These dimensions provide a framework for a holistic, biopsychosocial assessment of an individual. The ASAM Criteria are used to help determine the ideal level of care for the individual.

In addition to utilizing ASAM, behavioral health providers treating substance use should consider factors such as:

- The members goals around substance use
- Level of motivation for actually making a change
- Potential for symptoms of withdrawal
- Barriers to accessing selected treatment
- Financial circumstance, ability to take off work
- Potential for escalating consequence with continued use
- Medical or behavioral conditions that may impact treatment
- Past experiences of trauma
- History of previous treatment received

Treatment options can include

- Detox Treatment
- Outpatient (individual, family, group therapies)
- Medication Assisted Treatment
- Intensive Outpatient
- Partial Hospitalization
- Residential
- Community based services
 - Assertive Community Treatment (ACT)
 - Peer support services
 - Community Psychiatric Support Treatment (CPST)
 - Intensive Home-Based Treatment Services

Humana
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in Ohio

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