

The Substance Use Disorder Program

Specialized treatment options for alcohol and drug addiction

The CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (CareFirst) Substance Use Disorder Program is designed to improve patient recovery outcomes by quickly connecting CareFirst patients with trusted providers of Intensive Outpatient Treatment (IOP) who can:

- provide the necessary treatments to deliver the best outcomes based on individual clinical circumstances
- give patients access to cost-effective addiction treatment programs that offer the most up-to-date, clinically appropriate standards
- educate both patients and providers on the causes, identifiers and treatment options for addiction
- provide care in a community setting outside of a hospital or residential setting to improve outcomes and lower costs.

CareFirst works with addiction centers across more than 25 locations, and several offer adolescent services. (See the following page for location and contact information.)

Participating recovery centers are accredited and meet specific standards outlined by CareFirst.

Care Plan or no Care Plan

Patients do not have to be in a Care Plan to participate in this program.

Patient care and cost share

Patients enrolled in this program may be eligible for a waiver¹ of many of their in-network cost-sharing responsibilities (copays, coinsurance and deductibles) to remove the financial burden and help them focus on getting better.

Login to the Provider Portal at carefirst.com/providerlogin or contact Provider Services to check the patient's eligibility status.

CareFirst members have access to a 24/7 crisis line at 800-245-7013.

What is an IOP?

Intensive Outpatient Programs provide:

- highly individualized treatment, 3–4 days a week, in both individual and group sessions
- counselors who help patients overcome temptations and triggers they experience in their daily lives
- lower cost treatment options that allow patients to remain in their community while participating in outpatient therapies

Recovery centers work closely with Primary Care Providers through three IOP treatment phases, including:

- Outpatient detoxification
- Rehabilitation
- Continuing care

¹ Members with a health savings account (HSA) plan are eligible for the cost-share waiver once they have met the Internal Revenue Service (IRS) minimum deductible for an HSA plan. Program eligibility may be based on benefits provided through a member's employer. Members enrolled in the Individual <65 ACA Young Adult Catastrophic Plan are not eligible for the cost-share waiver.

Referring is easy

Who can refer?

While patients can refer themselves into the Substance Use Disorder Program, they can also be referred by:

- Primary Care Providers
- Specialists
- Residential Treatment Centers
- CareFirst Care Managers
- Emergency Rooms or Hospitals



How do you refer?

Contact the appropriate regional partner recovery center in your area. CareFirst members who live outside of our service area can call 800-245-7013, Monday-Friday 8 a.m.–6 p.m. ET for help finding a substance use provider/facility.

Regional partner recovery centers	Location(s)			Phone number
Ashley Addiction Treatment	Bel Air, MD	Elkton, MD		800-799-4673
Austin Addiction Treatment (adult and adolescent)	Frederick, MD			240-457-4151
Bergand Group	Fallston, MD			443-299-6766
	Lutherville, MD			410-853-7691
Congruent Counseling (adult and adolescent)	Annapolis, MD Columbia, MD Eldersburg, MD	Frederick, MD Millersville, MD	Rockville, MD Towson, MD	410-740-8066
Harrison House (Recovery Unplugged)	Annandale, VA			703-256-6474
Hope House	Crownsville, MD			410-923-6700
	Laurel, MD			301-490-5551
Kolmac Addiction Recovery Center	Annapolis, MD Arlington, VA Baltimore, MD Columbia, MD	Frederick, MD Gaithersburg, MD Lanham, MD Silver Spring, MD	Towson, MD Waldorf, MD Washington, D.C.	410-296-9747
Maryland Treatment Center—Mountain Manor (adult and adolescent)	Baltimore, MD Dundalk, MD Emmitsburg, MD	Frederick, MD Parkville, MD Rockville, MD	Westminster, MD	800-446-8833
National Capital Treatment and Recovery (Phoenix House)	Arlington, VA			888-671-9392
New Life Counseling	Pasadena, MD			410-255-4475
Pathways (adults only)	Annapolis, MD			443-481-5400
Peninsula Mental Health and Addiction Services	Salisbury, MD			410-860-2673
Pyramid Walden (adult and adolescent)	California, MD Charlotte Hall, MD	Joppa, MD Lexington Park, MD	Waldorf, MD	301-997-1300 or 301-863-6661 (Hotline 24/7)
Recovery Centers of America	Earleville, MD	Waldorf, MD		443-282-1197

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