

# Behavioral Health and Substance Use Disorder Program

## Specialty-Trained, Individualized, One-on-One Support for Your Patients

**Do you have patients that require behavioral health or substance use assistance?**

CareFirst's Behavioral Health and Substance Use Disorder Program is designed to improve patient treatment outcomes by providing specialty-trained and licensed behavioral health care coordinators to assist with:

- identifying patients with behavioral health and/or substance use conditions (e.g.: depression, anxiety, eating disorders, addiction, etc.)
- completing an assessment of the patient and working with you to design a Care Plan to fit their individual needs
- connecting a patient to appropriate providers and community support services
- monitoring patient progress against your recommended treatment plan

### Identifying a Patient

Treatment options and services are available to all CareFirst BlueCross BlueShield patients who have behavioral health benefits through 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 also be eligible for a reduction in their cost sharing to remove financial burden and help them focus on getting better.

**Do you have a patient who would benefit?**

**Referring is easy.**



**1-800-245-7013**

