

## Substance Use Disorder

Virginia Premier Health Plan supports the screening and treatment of Substance Use Disorder. Virginia Premier Health Plan supports the use of the key approaches to address the epidemic of opioid abuse and overdose, and to reduce the broad health impacts of drug abuse and addiction on the communities of Virginia. Specifically the key approaches are:

- **Screening, Brief Intervention, and Referral to Treatment (SBIRT)**
- **REVIVE! and Expanded Access to Naloxone**
- **Substance Abuse Screening and Brief Intervention Services**
- **Virginia's Prescription Monitoring Program (PMP)**

### **Screening, Brief Intervention, and Referral to Treatment (SBIRT)**

**SBIRT** is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with and at risk of developing substance use disorders. Screening, Brief Intervention, and Referral to Treatment (SBIRT)

<http://www.samhsa.gov/sbirt>

The Virginia Department of Health (VDH) provides or supports screening services at many locations in Virginia. VDH's Disease Prevention Hotline can be reached at 800-533-4148 (Monday-Friday, 8:00 am - 5:00 pm) and also provides assistance in finding screening services.

- Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.
- Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

We encourage you to incorporate SBIRT into your clinical practice. Primary care centers, hospital emergency rooms, trauma centers, and other community settings provide opportunities for early intervention with at-risk substance users before more severe consequences occur. SBIRT resources include:

- Virginia Department of Behavioral Health and Developmental Services (DBHDS) website with [DBHDS-vetted SBIRT guidelines and screening instruments](#)
- SAMHSA-supported Addiction Technology Transfer Center Network, which provides a SBIRT Toolkit
- SAMHSA-HRSA Center for Integrated Health Solutions (SBIRT), which offers guidelines, tools and other resources for integrating SBIRT into practice

If you do not know all of the substance abuse treatment services in your community, one place to start is the SAMHSA Behavioral Health Treatment Services Locator.

### **REVIVE! and Expanded Access to Naloxone**

The Virginia Department of Behavioral Health & Developmental Services, Office of Substance Abuse Services has established REVIVE! as the Opioid Overdose and Naloxone Education (ONE) program for the Commonwealth of Virginia. REVIVE! provides training to professionals, stakeholders, and others on how to recognize and respond to an opioid overdose emergency with the administration of naloxone. The Board of Pharmacy also has approved a Protocol for the Prescribing and Dispensing of Naloxone. Both sources include guidance on prescribing and dispensing naloxone for intranasal administration, as well as by auto-injector.

## Substance Abuse Screening and Brief Intervention Services

Virginia Premier Health Plan (VPH) covers screenings for patients at elevated risk for misuse or abuse of Alcohol / Opioids / Benzodiazepines / Amphetamines. VPH reimburses for substance abuse prevention and treatment health codes for screening and brief intervention (SBI) of VPH-eligible patients. The CPT codes and reimbursement rates for substance use screening and brief intervention services are as follows:

**99408** Alcohol and/or substance use structured screening and brief intervention services (15-30 minutes)

**99409** Alcohol and/or substance use structured screening and brief intervention services (>30 minutes)

Providers may bill VPH for the time they spend screening, discussing the screening results and providing recommendations to an individual. Brief intervention is a required component of this service and does not require pre-approval. The provider also must use an approved screening tool in order for the services to be covered.

Approved screening tools include the [Drug Abuse Screening Test \(DAST\)](#) and the [Alcohol Use Disorder Identification Test \(AUDIT\)](#). Additional screening tools can be found [here](#).

The Department of Behavioral Health and Developmental Services recommends that providers include the following in their documentation:

- What was done, signature and date
- Which Medicaid approved screening tool was used
- The results of the screening
- The nature of the brief intervention provided by the provider
- The individual's response to the intervention
- Any referrals made
- The outcome of referrals and any follow-up care which is provided

### Resources:

**To learn more about outpatient CSB services available in your community, contact your local CSB.** Patients and providers can locate the CSB that serves their community by going to the DBHDS website (<http://www.dbhds.virginia.gov>) and click on Locating Services/Get Help.

## Virginia's Prescription Monitoring Program (PMP)

Virginia's Prescription Monitoring Program (PMP) is a valuable tool to fight this public health and safety emergency. The PMP is available to all prescribers and pharmacists to assist them in making treatment, prescribing and dispensing decisions. A PMP report can:

- Confirm a patient's prescription history for controlled substances
- Assist in monitoring the patient's compliance with the treatment plan
- Alert the healthcare practitioner to overlaps in drug therapy or high-risk combinations of medications such as opioids and benzodiazepines
- Alert the healthcare practitioner to behavior that may indicate "doctor-shopping"
- A PMP report defaults to a one-year period of prescription history for a patient and has several features:
  - Cumulative Morphine Equivalent Dose (MED) score for a patient with active opioid prescriptions, which can assist the healthcare practitioner in evaluating the patient's

overdose risk. An MED is used because one drug is not necessarily the same as another. One drug may need a higher dosage amount than another to achieve the same result.

- Indicator of whether a specific prescription is inactive (completed) or active for all prescriptions on the report
- Daily Morphine Equivalent Dose score for each opioid prescription
- For each prescription, the prescriber, pharmacy, name of the drug, quantity, date filled and written, method of payment and other information

Prescribers also may request a report for prescriptions dispensed under their DEA number for the past 90 days. Virginia Premier Health Plan also encourages providers to use opioid treatment agreements or contracts restricted to patients at elevated risk for misuse or abuse of opioids. Opioid treatment agreements should specify the use of the prescription monitoring program.