

## Provider Notice

**To:** PerformCare Contracted Residential Substance Use Providers  
**From:** Dan Eisenhauer, Director of Operations  
**Date:** September 14, 2022  
**Subject:** SU - 105 Best Practice Discharge Update

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PerformCare identified ways in which the Primary Care Physician (PCP) can be an important part of a Member's plan for recovery for individuals who have a substance use disorder. Literature<sup>1</sup> suggests primary care along with specialty care are an important combination for longer term sustained recovery. Literature<sup>2</sup> also suggests substance use is often identified among people in primary care settings. A primary care physician who is prepared to assist people with substance use disorders can have a key role in sustaining a person's need to stay focused on their recovery and prevent relapse.

PerformCare is requesting that all substance use providers continue to coordinate as needed with a member's PCP during treatment but also start to ensure an appointment is made when applicable at time of discharge for each Member. This would apply to all Members discharging from Level 4 Medically Managed Intensive Inpatient Services, Level 3.7 Medically Monitored Intensive Inpatient Services, Level 3.5 Clinically Managed High-Intensity Residential Services and Level 3.1 Clinically Managed Low Intensity Residential Services.

PerformCare has outreached to the Physical Health Plans along with the most common Primary Care Providers who work with Health Choices Members to assess their appointment availability and preparedness to work with our Members. These providers are aware a member's PCP can be an important part of the recovery process and are able to accommodate a potential increase in appointment requests.

This expectation will take effect on October 15, 2022. If you have any questions about this notice contact your Account Executive.

<sup>1</sup> Felicia W. Chi, M.P.H., [Sujaya Parthasarathy](#), Ph.D., [Jennifer R. Mertens](#), Ph.D., and [Constance M. Weisner](#), Dr.P.H., M.S.W. "Continuing Care and Long-Term Substance Use Outcomes in Managed Care: Early Evidence for a Primary Care-Based Model" *Psychiatr Serv.* 2011 Oct; 62(10): 1194–1200. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3242696/>

<sup>2</sup> Daniel J. Pilowsky and Li-TZY Wi "Screening for Alcohol and Drug use Disorders among adults in Primary care: a Review" <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3339489/>

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PerformCare Account Executives