Substance Use Disorders

Substance use disorders occur when someone loses the ability to control the use of substances like alcohol, tobacco, and/or legal or illegal drugs. Long-term effects of substance use and misuse can include chronic physical and mental health conditions and addiction, which changes the brain in a way that makes quitting hard.

Substances cause changes in the brain over time. Someone misusing drugs or alcohol likely cannot "quit at any time," and may not simply lack willpower. Understanding this, and knowing when your concern may be a problem that requires treatment, will allow you to help yourself or a loved one start on the road to recovery.

How can you recognize a problem?

Continued use of drugs or other substances despite their negative effects on yourself and others may indicate that help is needed. Think about getting help if you notice:

- Change in appetite, sleep patterns, or mood
- Failure to meet responsibilities at work, in school, or at home
- Misuse of drugs, such as: using a legal drug in a way that it is not meant for, like taking larger quantities or using longer than it is needed, or using illegal drugs in a way that is dangerous to yourself or to others
- Inability to slow or stop substance use, despite trying
- A person with a substance use disorder might cover up, hide, or lie about how much they are using—cravings to use the substance may be so strong a person with a substance use disorder may steal to get a supply of the substance

MVP has resources and programs to support members living with a behavioral health concern. To learn more, visit **mvphealthcare.com/behavioralhealth**.

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What are some treatment options?

While there is no cure, addiction is treatable and can be managed successfully. Treatment depends on what substances are being used, how advanced the disorder is, and whether other health conditions are involved. A plan that is tailored to each person's substance use pattern and that includes services for other medical or mental health concerns can lead to continued recovery.

Treatment options may include:

- Detox and rehabilitation programs
- Self-help support (Alcoholics Anonymous, Narcotics Anonymous, and other 12-step programs)
- Behavioral counseling and specialized psychotherapy
- Medication Assisted Treatment (MAT)

How can you get help?

Please remember that there is no shame in asking for help to address a substance use concern. Your information is protected and will remain confidential. Those in need of help may wish to reach out to their Primary Care Provider (PCP) as a starting point, but a referral from the PCP is not necessary.

- Visit **mvphealthcare.com/findadoctor** to find a substance use provider or treatment center in the MVP Provider network. For personalized results, before you search sign in to Gia® at **my.mvphealthcare.com** or tap *Find Care* in the *Gia by MVP* mobile app.
- Call **1-866-942-7966**, Monday–Friday, 8:30 am–5 pm to connect with an MVP Case Manager for help getting started or finding a provider.

Did you know?

- 48.7 million people age 12 or older had a substance use disorder in the past year.
- Tobacco use is the leading cause of preventable death, often leading to lung cancer, respiratory disorders, heart disease, stroke, and other serious illnesses.
- About 28.9 million people in the United States have alcohol use disorder, including about 757,000 adolescents age 12–17.

Sources: National Institute on Drug Abuse; Substance Abuse and Mental Health Services Administration; National Institute on Alcohol Abuse and Alcoholism.

Many treatments are covered by MVP plans. For more information on treatment options, talk to your doctor, or call MVP at the phone number on the back of your MVP Member ID card.

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