



HEDIS | *Tip sheet*

# Follow-Up Care After Substance Use Treatment

Treat your substance use recovery as you would your physical health. Initiating treatment is the first step. Treatment should start within 14 days of being diagnosed. Initial treatment may begin with inpatient or outpatient care. After any stay for a medical need, your care team would schedule a follow-up appointment with your primary care doctor and/or a specialist. The same approach applies to substance use treatment. Inpatient treatment is a crucial step in your recovery journey, but it is only the beginning. The next step is to stay engaged in treatment.

**A follow-up visit with your in-network substance use treatment provider within 7 days after leaving the treatment facility is very important.**

Attending follow-up appointments after substance use treatment has been shown to improve recovery outcomes and reduce the risk of returning to use. Finding an outpatient treatment method that works for you is especially important when we think about how recovery works for different people. Studies show that people are more likely to stay in recovery if they use methods that fit their own needs, such as therapy, peer support or medication for addiction treatment (MAT).

## How to Prepare for Your Appointment

When visiting a behavioral health provider for the first time after substance use treatment, it is normal to experience a variety of feelings — whether that be excitement, stress or worry. Below are some suggestions to help you prepare and make the most of your visit.

- Complete any paperwork intake prior to your first appointment
- Write down your questions you'd like answered ahead of time like the cost and how often you'll be visiting the provider
- Bring your discharge paperwork
- Bring your insurance information

Let's connect you to better care, today.

Lucet's team of health care professionals are here to help you navigate your wellness journey with confidence. Whether you are looking for immediate care or do not know where to start, we will guide you through every step.

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