



### **Substance use disorder**

Amerigroup Washington, Inc. has a care program for substance use disorder. This program will help you know and handle your substance use disorder. We can help you set health goals and create a care plan that fits your way of life. You do not have to join the program. You are signed up as a member of Amerigroup.

### **Living with substance use disorder**

Substance use disorder is using drugs or alcohol. Drug and/or alcohol use causes harm to yourself or others.

You can take control. If you like, we will keep your doctor up to date. We will share your condition and the services we provide you. Your case manager can help you learn how to handle your substance use disorder.

### **Things to know**

- Your brain will change after long use of drugs or alcohol. You may start to have cravings for the drug or alcohol.
- Common results of abuse or dependence can include missing work or school often and neglecting family or children. Other outcomes are legal problems, auto accidents or driver's license suspension. Some others are a need for more of the substance, withdrawal symptoms, large amounts of time spent getting and using the drug, and loss of friendships, or physical and psychological harm.
- Treatment is available for substance use disorder.
- We can share more information to help you with substance use disorder.

### **How is substance use disorder treated?**

- The first step to treat substance use disorder is to see a health care provider.
- People with substance use disorder may have other health conditions. Make sure to talk with your doctor about all your health conditions.
- A combination of treatments is usually most helpful in treating substance use disorder. Some of the treatments are psychosocial or talk therapy, medication therapy, and community-based support.
- Talk to your doctor about other treatment for your substance use disorder.

## **What Can You Do?**

You can help yourself by getting treatment and sticking with it. It takes time. Treatment is the best way to take care of substance use disorder. Here are a few things you can do to help with your treatment:

- Talk to your doctor about your treatment
- Don't take any new drugs, even over-the-counter drugs, until you check with your doctor first
- Set goals for yourself that are reachable
- Stay in treatment
- Keep a daily routine by eating a healthy diet and sleeping at regular times

## **Support to help you manage your substance use disorder**

- We can help you talk to your family or caregiver about your substance use disorder.
- We can help you find group programs and resources in your area.
- Tips to talk with your doctor and get the most out of your visit:
  1. Ask any questions you may have about your substance use disorder. You can write them down and take them with you to your visit.
  2. Follow your doctor's advice. If you have questions or concerns, let your doctor know.
  3. Make sure your doctor knows what medicines you're taking.

## **How can family and friends help?**

Family and friends play an important part in helping a person who has substance use disorder. They'll need to know as much as possible about the disorder. Family and friends also can help you to stay in treatment. To help someone with substance use disorder, a friend or relative can:

- Encourage the person to stay in treatment
- Talk with the person and listen to what they have to say
- Include the person in fun activities
- Remind the person that getting better is possible with the right treatment
- Never ignore comments about suicide and let the person's therapist or doctor know right away
- Attend counseling with the person for added support

## **Important screenings:**

- Depression
- Other health conditions
- Preventive care screenings such as wellness checkups, mammograms and Pap tests
- Assessments related to alcohol or substance use; they consist of a few simple questions that you can complete in private with your primary care provider or specialist

**If you feel like you want to hurt yourself:**

Get help right away! You can call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or TTY: 1-800-799-4TTY (4889) to talk to a trained counselor. Friends or family should call the treating psychiatrist or therapist or 911 if a person talks about or tries suicide.

**For more helpful information on managing your substance use disorder:**

- The National Institute of Mental Health 1-866-615-6464 (TTY 1-866-415-8051) [www.nimh.nih.gov](http://www.nimh.nih.gov)
- Mental Health America 1-800-969-NMHA (6642) [www.nmha.org](http://www.nmha.org)
- National Alliance on Mental Illness 1-800-950-NAMI (6264) [www.nami.org](http://www.nami.org)
- Narcotics Anonymous [www.na.org](http://www.na.org)
- Alcoholics Anonymous [www.aa.org](http://www.aa.org)

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntab ntawv xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntab ntawv no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na' o TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogiina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

Якщо прикладена інформація не на вашій рідній мові, подзвоніть, будь ласка, по телефону 1-800-600-4441 (тільки TDD/TTY 711) Ми можемо зробити для вас цей переклад безкоштовно.

UKRAINIAN

동봉한 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

Dacă informațiile alăturate nu sunt în limba dumneavoastră natală vă rugăm să sunați la 1-800-600-4441 (numai pentru TDD/TTY 711). Vă putem traduce aceasta fără să vă coste nimic.

ROMANIAN

ይህ የምንልክላቸው መረጃ በቋንቋህ ካልሆነ፣ እባክህን በስልክ ቁጥር 1-800-600-4441 (TDD/TTY ብቻ 711) ይደውሉ ያለ ምንም ወጪ ይህን ልንተረጎምልዎ እንችላለን።

AMHARIC

እዚ ንስደልኩም ዘለና ሓበሬታ ብቋንቋኹም ምስ ዘይከውን ብኸብረትኩም ብስልክ ቁጥር 1-800-600-4441 (TDD/TTY ጥራሕ 711) ደውሉ እዚ ብዘይ ምንም ዋጋ ከንትርጎመልኩም ንኽእል ኢና።

TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕືດມານຳຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສຳລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໃດຍ່ອຍສຳ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

اگر اطلاعات ضمیمه به زبان شما نیست، با شماره 1-800-600-4441 تماس بگیرید  
ما می توانیم بدون هزینه این را برای شما ترجمه کنیم. (TDD/TTY شماره 711 فقط با شماره برای)

FARSI