

Referral Resources^a

When making referrals, involve your patient and a parent or guardian in the decision and schedule a referral appointment while your patient is in the office. If available in your community, arrange for an interagency facilitator to help make sure your patient connects with the treatment provider.

FINDING EVALUATION AND TREATMENT OPTIONS

For patients with insurance:

Contact a behavioral health case manager at the insurance company for referrals.

For patients who are uninsured or underinsured:

Contact your local health department about substance abuse treatment services for adolescents.

For older patients who are employed or in college:

Ask about access to an employee assistance or school counseling program that includes substance abuse treatment.

To locate adolescent treatment options in your area:

- Ask behavioral health practitioners affiliated with your practice for recommendations.
- Seek local directories of behavioral health services.
- Contact local hospitals and mental health service organizations.
- Call the National Drug and Alcohol Treatment Referral Routing Service (1-800-662-HELP) or visit the Substance Abuse Treatment Facility Locator Web site at www.findtreatment.samhsa.gov.

For a helpful list of criteria

For selecting a substance abuse treatment program for adolescents, see the American Academy of Pediatrics Policy Statement on *Substance Use Screening, Brief Intervention, and Referral to Treatment for Pediatricians* (AAP Committee on Substance Abuse, 2016).

FINDING SUPPORT GROUPS

Groups specific to your area:

Through those knowledgeable about your local behavioral health options, seek groups that provide treatment aftercare and support to adolescent patients and their families.

Nationwide groups:

Consider contacting Alcoholics Anonymous (AA) to ask whether any local groups primarily draw young people (for phone numbers, visit www.aa.org). Note, however, that all AA groups are open to those of all ages at any time. To avoid a possible mismatch, it may be best to consider AA referrals only for older youth who have had a formal evaluation. For support groups for family members, contact Al-Anon (www.al-anon.alateen.org).

LOCAL RESOURCES

List your local resources below. Make copies and keep them in exam rooms and other accessible locations. Develop working relationships with these resources to facilitate referrals and access to care.

^a National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism. Alcohol screening and brief intervention for youth: a practitioner's guide. Rockville, MD: National Institutes on Alcohol Abuse and Alcoholism, 2011.