

## Behavioral Health Pain Management Quick Reference Guide

This reference guide includes resources for providers to help identify UnitedHealthcare Community Plan members with chronic pain who may also need behavioral health services for depression, anxiety, stress, substance abuse and personality disorders.

### Clinical Practice Guidelines (CPGs)

[American Psychiatric Association Practice Guidelines](#) (including Borderline Personality Disorder, Major Depressive Disorder, Schizophrenia and Substance Use Disorders)

[Department of Veterans Affairs and Department of Defense CPG for Management of Opioid Therapy for Chronic Pain](#)

[CPG for the Use of Buprenorphine in the Treatment of Opioid Addiction](#)

[The Role of Psychological Interventions in the Management of Patients with Chronic Pain](#)

[Managing Chronic Pain: How Psychologists Can Help With Pain Management](#)

### Screening Tools

[Substance Use Disorders](#)

[Patient Health Questionnaire \(PHQ\) Screeners](#) (including depression and anxiety)

[Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#)

[Perceived Stress Scale](#)

[Primary Care Posttraumatic Stress Disorder Screen for DSM-5 \(PC-PTSD-5\)](#)

If a member screens positive for a behavioral health or substance abuse condition, or you suspect a behavioral health or substance abuse condition needs further assessment and/or treatment, please call **866-573-2458**.

### Additional Resources

[Center for Disease Control Guideline for Prescribing Opioids for Chronic Pain](#)

[Providers Clinical Support System for Opioid Therapies \(PCSS-O\)](#)

[Shatterproof™](#) has tools and resources about addiction, including evidence-based methods of addiction prevention, treatment and recovery.