

Medicaid/Apple Health/State Insurance

To Access Mental Health Care:

Call 1-888-693-7200 M-F 8am-5pm

A Master's level clinician will answer this call and they will take information about identity (name/date of birth) and verify benefits for mental health counseling. Regarding benefits, ask for the PROVIDER ONE number and write it down as it may be useful later. They will ask a series of questions about current problems. They will then ask if there is a desire to **make an appointment** for a mental health intake/assessment. You can choose your preferred local agency (Compass Health, Catholic Community Services, Seamar). The call will then be transferred to that agency's scheduling department and they will offer an intake/assessment within 10 business days. If in crisis and there is a danger to self/others, ask for an expedited assessment. That appointment will be offered within 3 business days. Note— Ask for Compass Health Child Advocacy Program (CAP) if the presenting problem is in regards to recent or past sexual abuse.

An Intake Assessment: A Mental Health Professional/ Master's level clinician will ask about current problems and needs. If over the age of 13— youth have the right to consent and arrange for treatment by themselves. Youth have the right to say who gets to participate in their care. It can be very helpful to have a caregiver involved with the counseling process. They can transport, be available for emotional support, and learn more about what helps and does not help in the healing process. If under the age of 13, a legal guardian must be present during the intake/assessment (not necessarily in the room the whole time). The clinician will determine if there is a mental health diagnosis and what type of services would be best. Be sure to voice hopes, concerns, wants, and needs. They will then schedule a first ongoing appointment. That appointment will be within 2 weeks of the intake/assessment appointment date. Flexibility will be necessary when scheduling days/times. If missing school to go to an appointment— weigh out the risks of missed time versus the benefits of decreased symptoms. Talk to your school counselor about this and make a plan to address missing class.

14 or older with no ride: Caregiver or youth can call HOPELINK. This is an agency that provides transportation to and from appointments. Their number is 855-766-7433. You will need the PROVIDER ONE number (see above). They will set up a ride to your assessment/intake appointment. **Under 14—** caregiver needs to be present during transport (go with).

Remember, the crisis line is available 24 hours a day. It can be helpful to talk when feelings/thoughts are overwhelming and out of control. That number is 800-584-3578. Carecrisischat.org is an online version of the crisis line and is available from 3-11pm.