



# Mental Health & Substance Use Recovery

## *You Are Not Alone*

We are here for you. CareSource wants to help you take care of your mental health and well-being. Below are steps you can take today for better mental health and substance use recovery.



# Care Management

Would you like help with understanding or staying on top of your health care? Care Management can help you with:

- Community resources and support
- Managing health conditions
- Coordinating care



You can work one-on-one with a care manager to meet your health goals. Call **1-844-438-9498** (TTY: 711) to reach our team and learn more.



You can also call and speak with a nurse at CareSource24<sup>®</sup> Nurse Advice Line **1-844-206-5947** (TTY: 711) 24/7. They can help you decide what kind of care you need for an urgent health need.

## Here's How We Can Help



**If you are in crisis, there is help.**

CareSource Member Benefits	Next Steps	Details
<p><b>9-8-8 Suicide and Crisis Line</b></p>	<p>Dial 9-8-8. You can call 24 hours a day, 7 days a week.</p>	<p>Call this number to reach a crisis counselor. Call if:</p> <ul style="list-style-type: none"> <li>• You feel hopeless or overwhelmed.</li> <li>• You feel like there is no reason for living.</li> <li>• You are using or abusing drugs or alcohol.</li> <li>• You are having dramatic mood changes.</li> </ul>
<p><b>Suicide Prevention &amp; Inpatient Services</b></p>	<p>Call the Behavioral Health (BH) Crisis line at <b>1-833-227-3464</b> or (TTY: 1-800-743-3333 or 711). You can speak to licensed staff with behavioral health training. Save this number in your phone for quick use.</p> <p>You can also call your provider's number or after hours emergency number for help.</p>	<p>Inpatient services are when you spend at least one night in a hospital setting and get care. This care could be for mental health and/or substance use needs.</p>

See page 6 to learn about Rewards.



## Need someone to talk to or other mental wellness support?





CareSource Member Benefits	Next Steps	Details
 <b>Individual/Family/Group Therapy</b>	<p><a href="#">Find a Doctor Tool</a></p> <p>You can also use telehealth through your provider or <a href="#">Teladoc</a>® for this type of care.</p>	<p>This includes:</p> <ul style="list-style-type: none"> <li>• Psychologists</li> <li>• Counselors or Therapists</li> <li>• Substance Use Professionals</li> </ul>
 <b>myStrength<sup>SM</sup> App</b>	<p>Sign up online at <a href="http://mystrength.com">mystrength.com</a> or download the app.</p> <p>Access code: CSMedicaidIN</p>	<p>Free app for members (ages 13+) for mental wellness support. It offers a mood tracker, mindfulness exercises, parenting tips, stress help tips and more.</p>
 <b>BeMe App</b>	<p>Download the BeMe app <a href="http://www.beme.com/caresource">www.beme.com/caresource</a></p>	<p>Free app for teens (ages 13-18) for mental wellness support. It offers real-time coaching, and tips to build coping skills and resiliency.</p>
 <b>Medication Management</b>	<p><a href="#">Find a Doctor Tool</a></p>	<p>Medication Management is when you work with your provider to make sure your medications are working. This could be things like reviewing and changing your dosage.</p> <p>Did you know? <a href="#">We offer rides directly to the pharmacy (5 round trips/month).</a></p>



See page 6 to learn about Rewards.





## Looking for a path to recovery?

CareSource Member Benefits	Next Steps	Details
<p> <b>CareSource Addiction Support Line</b></p>	<p>Call our Addiction Support Line at <b>1-833-674-6437</b>. You can call 24 hours a day, 7 days a week.</p> <p>Save this number in your phone for easy access.</p>	<p>We can help you get on the road to recovery from substance use. Call the support line. We can help you get started.</p>
<p> <b>Intensive Outpatient Program Treatment (IOT) Services</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Find a Doctor Tool</a></li> <li>• <a href="#">Shatterproof Treatment Atlas</a></li> </ul>	<p>IOT services are outpatient. You will have sessions to help treat mental health concerns and/or substance use. You may have individual and group therapies. Medication management may also be part of IOT.</p>
<p> <b>Substance Use Disorder (SUD) Residential</b></p>	<p>Work with a health care provider to get a referral. They can also help you contact an SUD residential facility directly. You can also look for one at our <a href="#">Find a Doctor Tool</a>.</p> <p><a href="#">Shatterproof Treatment Atlas</a></p>	<p>Substance Use Disorder (SUD) Residential Treatment takes place in a safe location. You will live at a facility and get recovery services. You will have access to care 24/7. The care you get could be one-on-one, in a group or with your family. You will get recovery support and learn coping skills.</p>
<p> <b>Medication Assisted Treatment (MAT)</b></p>	<p><a href="#">Find a Doctor Tool</a></p>	<p>Medication Assisted Treatment (MAT) helps ease cravings for drugs and alcohol. It has two parts. One part is prescription medications. Medications used in MAT balance the chemicals in your brain. The other part is support services. Support services include doctor visits or one-on-one or group therapy. These two things help you stay sober.</p>

<p> <b>Opioid Treatment Program (OTP)</b></p>	<p><a href="#">Find a Doctor Tool</a></p> <p><a href="#">Shatterproof Treatment Atlas</a></p>	<p>Opioid Treatment Program (OTP) is a type of Medication Assisted Treatment (MAT). It is for those with Opioid Use Disorder. OTP helps ease cravings for opioids. It has two parts. One part is prescription medications. Medications used in OTP balance the chemicals in your brain. The other part is support services. Support services include doctor visits or one-on-one or group therapy. These two things help you stay off opioids.</p>
<p> <b>Tobacco Cessation</b></p>	<p>Call the Indiana Quitline at <b>1-800-784-8669</b></p>	

See page 6 to learn about Rewards.





## Pregnant or postpartum and need support?

CareSource Member Benefits	Next Steps	Details
<p><b>Postpartum (After birth) Services</b></p>	<p>Follow-up with your OBGYN</p> <p>Visit our website: <a href="#">After Pregnancy   Indiana – Medicaid   CareSource.</a></p>	<p>Make sure you know when to call your doctor and go to your postpartum checkup.</p>
<p><b>Indiana Pregnancy Promise Program (IPPP)</b></p>	<p>You can join this free program at: <a href="https://appengine.egov.com/apps/in/promise">https://appengine.egov.com/apps/in/promise</a></p>	<p>IPPP is a free program for pregnant Medicaid members. It is for those who use opioids or have used them in the past. The program gives support during the prenatal period and for 12 months after the end of the pregnancy.</p>
<p><b>Healthy Beginnings at Home</b></p>	<p>Talk with your Care Manager or Life Coach. You must meet certain criteria to qualify. You must:</p> <ol style="list-style-type: none"> <li>1) Be a CareSource member.</li> <li>2) Be in your first or second trimester.</li> <li>3) Live in Marion County.</li> <li>4) Experiencing homelessness or have unstable housing.</li> </ol>	<p>Offers 24 months of support to pregnant women in Marion County who are facing homelessness or have unstable housing.</p>
<p><b>National Maternal Mental Health Hotline</b></p>	<p>Call or text at any time 24/7 at 1-833-9-HELP4MOMS or 1-833-943-5746. The hotline is confidential and free.</p> <p>Website: <a href="http://mchb.hrsa.gov/national-maternal-mental-health-hotline">mchb.hrsa.gov/national-maternal-mental-health-hotline</a>.</p>	<p>You can talk with providers, childbirth experts and certified peer specialists. The hotline offers support, brief intervention and resources.</p>



## Earn Rewards for Healthy Activities

We reward you and your family for doing healthy activities! Learn more about how to earn rewards at our [Rewards page](#).



### Babies First Rewards

Sign-up at [secureforms.caresource.com/en/BabiesFirst/in](https://secureforms.caresource.com/en/BabiesFirst/in)



### Kids First Rewards

Sign-up at [secureforms.caresource.com/en/kidsfirst/in](https://secureforms.caresource.com/en/kidsfirst/in)

#### How to Use Babies First and Kids First Rewards:

- ✓ Complete rewards activities.
- ✓ Rewards get added to you or your child's rewards card after we process the claim. This can take 45-60 days.
- ✓ Use the rewards card to buy items like food, diapers, school supplies, clothes and more!
- ✓ Go to [HealthyBenefitsPlus.com/CareSourceMDC](https://HealthyBenefitsPlus.com/CareSourceMDC) to learn about stores and items you can buy.



### MyHealth Rewards

Visit our member portal at [MyCareSource.com](https://MyCareSource.com) click on MyHealth.

#### SUD Rewards

- Earn \$10 10x/year for going to IOT sessions.

#### Medication Adherence Rewards

- Earn \$15 3x/year for refilling your prescribed ADHD medication.
- Earn \$15 4x/year for refilling your prescribed depression medication.
- Did you know? [We also offer rides to the pharmacy.](#)

#### Tobacco Cessation Rewards

- Earn \$50 for working with the Quit Line (\$80 if you are pregnant).
- Earn \$10 9x/year for ongoing coaching through the Quit Line.

#### How to use MyHealth Rewards:

- ✓ Your provider tells us you have done an activity.
- ✓ We add your reward to your MyHealth account.
- ✓ You can use your rewards for gift cards to many stores. See the MyHealth link on [MyCareSource.com](https://MyCareSource.com) to learn more about stores.



