



NETWORK *Notification*

Notice Date: October 2, 2024
To: Indiana Medicaid Providers
From: CareSource
Subject: **Update:** Mental Health and Wellness Support Mobile App for Medicaid Teens
Effective Date: January 17, 2023

This notification is an [update](#) to the network notification posted on February 20, 2023. Updated information is indicated in red.

Summary

As of January 17, 2023, CareSource Hoosier Healthwise (HHW) teens aged 13-18 have access to [BeMe](#)—a mobile app offering mental health **and wellness** support and interventions designed to address teens' unique needs. Available to teens at no cost, BeMe combines the following:

- Psychoeducational content
- Skill-building activities
- Live mental health coaching
- 24/7, 365 days a year crisis support (including safety planning)
- Connections to in-network therapists

Details

BeMe Health offers science-backed support to teens, including:

- **Coaching:** BeMe coaches provide real-time, **1:1 in-app** text-based support, helping teens learn and practice coping and resilience-building skills—even on nights and weekends.
- **Tailored Content:** BeMe's teens have continuous access to clinician-developed skills based on Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), positive psychology, and more.
- **Crisis:** Teens have access to 24/7, 365 days a year support: Safety Planning, CareSource 24 Nurse Advice Line, Crisis Text Line, 988 Suicide and Crisis Lifeline and The Trevor Project.
- **Care:** BeMe links teens to virtual clinical care from in-network CareSource behavioral health clinicians specializing in adolescents, as needed.

Referral Information

BeMe is an excellent tool for patients who:

- Have symptoms of mental health conditions but don't have timely access to services
- Are going through the ups and downs of being a teen
- Are in clinical services and need more support between visits, or are on waitlists

For more information, or to access these services, encourage your patients to download BeMe from the app store or visit beme.com/CareSource. **Providers can learn more about BeMe here: [BeMe](#).**

Questions?

For any questions, please contact CareSource's Provider Services at **1-844-607-2831** Monday through Friday, 8 a.m. to 8 p.m. Eastern Time (ET). Also, providers can email questions directly to the Behavioral Health Clinical mailbox at Indiana_BH@CareSource.com.

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