

Department of Social and Health Services
Community Services Division
Social Services Manual

Revision: # 220

Category: **Mental Health Services**

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Summary

Updated page to include correct information regarding mental health services since Regional Support Networks transitioned to Behavior Health Organizations.

Purpose:

Provide a basic overview of services available to assist clients in accessing mental health services.

Clarifying Information

The following resources are available to assist -adults, youth and families with children in accessing mental health services. ~~Depending on the situation~~ Access to mental health treatment and services may require facilitating the referral through the person's primary care provider, ~~Regional Support Network (RSN)~~ Apple Health Managed Care Plan, Behavioral Health-Administrative Services Organization (BH-ASO) or local mental health provider. It is highly recommended that each office knows and collaboratess with -all local mental health providers and regional services RSN.

Crisis Services

If it appears the individual is in crisis due to ~~a mental illness~~health, a referral should be immediately made ~~to the RSN~~ for emergency crisis intervention services. Crisis lines are available for all Washingtonians, 24 hours a day, regardless of your income, citizenship or insurance status.

You can call 988 or a local county crisis line to request assistance for anyone who is experiencing a behavioral health crisis.

For regional crisis line information please see: ~~Refer to~~ Mental health crisis lines- Health Care Authority.

A Designated Mental Health Professional (DMHP) will determine if an involuntary mental health evaluation and treatment is warranted.~~Crisis services are available to any person regardless of income or citizenship status.~~ If the crisis requires the involvement of law enforcement ask the 911 operator to involve Crisis Intervention Team [CIT] officers if they are available in your community. They are trained to de-escalate violent situations in which a mental illness may be a contributing factor.

Accessing Mental Health Services through Apple Health (Medicaid)

For specific information regarding how to access mental health services and information on what types of services are available please refer to the Health Care Authority, Mental Health Services website.

Regional Support Network (RSN) Mental Health Prepaid Health Plans

~~RSNs, through licensed mental health agencies, provide medically necessary services to clients eligible for the Title XIX Medicaid program as well as some other persons with a diagnosed mental illness. An in-person appointment with the mental health provider will be necessary to make that determination. Services include emergency crisis intervention, case management, counseling and psychotherapy, and psychiatric treatment, including medication management. A directory of RSNs and licensed community mental health agencies is available at the link listed below.~~

Medicaid Healthy Options Program

~~Title XIX Medicaid clients who are enrolled in Healthy Options are eligible for limited mental health services through the Healthy Options health plans. The benefits include psychiatric and psychological testing, evaluation and treatment and unlimited medication management when provided in conjunction with mental health treatment covered by the Contractor. Mental health benefits offered through the Healthy Options plans are limited to those Title XIX who do not meet the RSN's Access to Care Standards. Detailed information is provided at the Healthy Options website listed below.~~

Primary Care Provider (Family Physician)

Clients with depression or anxiety disorders may be served by accessing the person's Primary Care Provider to assist in determining if the mental disorder is treatable by medication or other services covered by health insurance ~~or medical coupons~~. The primary care provider's medical

assessment may also be helpful in documenting the need for treatment when referring the client to a psychiatrist or other mental health services providers.

WorkFirst/ TANF

TANF/WorkFirst clients may be screened using the Depression and Anxiety Disorder screens in the e-JAS Mental Health Category in the Social Services Assessment. If, as a result of the e-JAS Depression and Anxiety Disorder screenings, it appears the client needs further evaluation, refer the client to his or her primary care provider or local mental health service provider.

RESOURCES

~~Washington Apple Health~~

~~<http://www.samhsa.gov> (Substance Abuse and Mental Health Services Administration)~~

RESOURCES

I need behavioral health support | Washington State Health Care Authority

Washington Healthplanfinder- To apply for Apple Health

Substance Abuse and Mental Health Services Administration (SAMSA)}

Contact information for Apple Health Plans:

Apple Health managed care plans

Behavioral Health Services Only enrollment

Behavioral Health - Administrative Service Organizations (BH-ASO)