

# Key Message and Tips for Beneficiaries: Mental Health and Substance Use Disorder Services



## Message

If you have or your child has a mental health or substance use disorder, Medicaid may cover the cost of care.

Research shows that half of all cases of mental illness and substance use begins by age 14. Another report shows that two-thirds of young people who have a mental illness are not identified and don't get treatment.[1]

Many states offer waiver programs for adults and youths with mental illness. Some services that may be available include:

- Case management services;
- Personal care services;
- Habilitation services;
- Respite care;
- Day treatment or partial hospitalization; and
- Psychosocial rehabilitation services.[2]

## TIPS

- Get a periodic physical and mental health screening for your child under the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) Medicaid benefit for children's preventive health;[3]
- Get additional diagnostic or treatment services for your child if your provider determines further assessment of mental health or substance use issues is needed;[4]
- Know that adults must be diagnosed with a chronic mental illness for coverage; and
- Discuss your coverage options with your State Medicaid worker.

For more information about services available in your area, visit <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-State/By-State.html> for a link to your State Medicaid agency.

For more information about Medicaid Program Integrity, visit <https://www.cms.gov/Medicare-Medicaid-Coordination/Fraud-Prevention/Medicaid-Integrity-Education/edmic-landing.html> on the CMS Medicaid Program Integrity Education website.

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1 Centers for Medicare & Medicaid Services. Medicaid.gov. Behavioral Health Services. Retrieved June 17, 2015, from <http://www.medicaid.gov/medicaid-chip-program-information/by-topics/benefits/mental-health-services.html>

2 Social Security Act § 1915(c)(1)(4). Provisions Respecting Inapplicability and Waiver of Certain Requirements of This Title. Retrieved June 17, 2015, from [http://www.ssa.gov/OP\\_Home/ssact/title19/1915.htm](http://www.ssa.gov/OP_Home/ssact/title19/1915.htm)

3 U.S. Department of Health and Human Services. Centers for Medicare & Medicaid Services. (2013, March 27). CMCS Informational Bulletin: Prevention and Early Identification of Mental Health and Substance Use Conditions. Retrieved June 18, 2015, from <http://www.medicaid.gov/federal-policy-guidance/downloads/CIB-03-27-2013.pdf>

4 U.S. Department of Health and Human Services. Centers for Medicare & Medicaid Services. (2013, March 27). CMCS Informational Bulletin: Prevention and Early Identification of Mental Health and Substance Use Conditions. Retrieved June 18, 2015 from <http://www.medicaid.gov/federal-policy-guidance/downloads/CIB-03-27-2013.pdf>