



# 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 24-Hour 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
 <b>9-8-8 Suicide and Crisis Line</b>	Dial 9-8-8. You can call 24 hours a day, 7 days a week.	<p>Call this number to reach a crisis counselor. Call if you</p> <ul style="list-style-type: none"> <li>• feel hopeless or overwhelmed</li> <li>• feel like there is no reason for living</li> <li>• are using or abusing drugs or alcohol</li> <li>• are having dramatic mood changes</li> </ul>
 <b>Suicide Prevention &amp; Inpatient Services</b>	<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 BH 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><u><a href="#">Find a Doctor Tool</a></u></p> <p>You can also use telehealth through your provider or <u><a href="#">Teladoc®</a></u> 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 <u><a href="https://mystrength.com">mystrength.com</a></u> 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 <u><a href="https://www.beme.com/caresource">www.beme.com/caresource</a></u></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><u><a href="#">Find a Doctor Tool</a></u></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? <u><a href="#">We offer rides directly to the pharmacy (5 round trips/month).</a></u></p>

See page 6 to learn about Rewards.







## Looking for a path to recovery?

CareSource Member Benefits	Next Steps	Details
 <b>CareSource Addiction Support Line</b>	<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 to get started.</p>
 <b>Partial Hospitalization Program (PHP)</b>	<p>Work with a health care provider to get a referral. They can also help you contact an SUD residential facility directly. You can look for one at our <a href="#">Find a Doctor Tool</a>.</p> <p><a href="#">Shatterproof Treatment Atlas</a></p>	<p>Program is outpatient for mental health and substance use that offers daily therapy sessions. These may include individual, group, medication management, and skill-building activities. You get treatment during the day, and you don't have to stay over-night.</p>
 <b>Intensive Outpatient Program Treatment (IOT) Services</b>	<p><a href="#">Find a Doctor Tool</a></p> <p><a href="#">Shatterproof Treatment Atlas</a></p>	<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>
 <b>Substance Use Disorder (SUD) Residential</b>	<p>Work with a health care provider to get a referral. They can also help you contact an SUD residential facility. 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>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>
 <b>Medication Assisted Treatment (MAT)</b>	<p><a href="#">Find a Doctor Tool</a></p>	<p>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. These include doctor visits or one-on-one or group therapy. These two things help you stay sober.</p>






 <b>Opioid Treatment Program (OTP)</b>	<a href="#">Find a Doctor Tool</a> <a href="#">Shatterproof Treatment Atlas</a>	<p>OTP is a type of 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. These include doctor visits or one-on-one or group therapy. These two things help you stay off opioids.</p>
 <b>Tobacco Cessation</b>	<p>Call the Indiana Quitline at  <b>1-800-784-8669</b></p>	<p>The Quitline has no-cost coaching, quit plan and tools to help you. You can also talk with your doctor or BH provider about counseling or prescription medication that can help you quit.</p>

See page 6 to learn about Rewards.





## Pregnant or postpartum and need support?

CareSource Member Benefits	Next Steps	Details
 <b>Postpartum (After birth) Services</b>	<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>
 <b>Indiana Pregnancy Promise Program (IPPP)</b>	<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 no-cost program for pregnant Medicaid members. It is for those who use substances 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>
 <b>National Maternal Mental Health Hotline</b>	<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="https://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 [CareSource.com/INrewards](https://www.caresource.com/INrewards).



### CareSource MyKids Rewards

- Earn \$20 for follow-up care after ADHD diagnosis.
- Earn \$10 for follow-up care after ADHD initial prescription.
- Earn \$25 for engaging in CareSource Care Management program.

Sign-up at [MyCareource.com/MyKids](https://www.mycaresource.com/MyKids)

### How to Use CareSource MyKids Rewards:

- ✓ Complete rewards activities.
- ✓ Rewards get added to 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

Log in to CareSource MyLife at [MyLife.CareSource.com](https://www.mylife.caresource.com) or download the app from the App Store® or Google Play® to access 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:

- ✓ You complete an eligible activity. Your provider sends us the claim. We process the claim. We add your reward to your MyHealth account.

Redeem your rewards for gift cards to your favorite stores in CareSource MyLife at [MyLife.CareSource.com](https://www.mylife.caresource.com).

If you are no longer a CareSource member, your access to the Rewards Portal will be deactivated and any unused Rewards may be no longer available. Rewards are subject to change. Rewards may vary by age, gender and health needs. Rewards not redeemed expire in mid-December of the following year issued.



