

# Mental Health-Specific Services and Programs

For supporting your patient treatment recommendations and plan of care

With one in five Americans experiencing a behavioral health illness or substance abuse disorder each year, demand is growing for behavioral health and substance abuse services<sup>1</sup>. CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (CareFirst's) collaboration with Magellan Healthcare Provider Group\* (Magellan) offers mental health services to your patients to help support your treatment recommendations.

Through a variety of programs focused on depression, anxiety, drug and alcohol dependence, eating disorders and more, Magellan's clinical and administrative resources can help your patients get the services and assistance they need to successfully follow your treatment plan to improve their health and quality of life.

Magellan's program offerings include:

PROGRAM	PROGRAM BENEFITS
<b>Care Management</b>	<ul style="list-style-type: none"> <li>■ The personal care management program gives patients one-on-one support through specialty-trained and licensed behavior health care coordinators who can: <ul style="list-style-type: none"> <li>□ help them understand their prescribed treatment,</li> <li>□ recommend health services, community services and resources for support, and</li> <li>□ develop an individualized plan of action to track their progress with all those involved in their care.</li> </ul> </li> </ul>
<b>My Care Link Up</b>	<ul style="list-style-type: none"> <li>■ The My Care Link Up program connects patients to a Magellan representative who can: <ul style="list-style-type: none"> <li>□ find a behavioral health provider that best meets their individualized needs,</li> <li>□ schedule appointments at timeframes convenient for them, and</li> <li>□ follow up after the appointment to assess their satisfaction with the services they received.</li> </ul> </li> </ul>
<b>Magellan Telehealth</b>	<ul style="list-style-type: none"> <li>■ The Telehealth program allows patients and their behavioral health provider to have real-time, two-way communication through an online virtual appointment, at a place and time convenient for them.</li> <li>■ Patients still experience a 'face-to-face' visit through a secure, private connection for needs like follow up care, counseling, and medication help.</li> </ul>
<b>At Risk Adolescents</b>	<ul style="list-style-type: none"> <li>■ This program provides assistance for parents or caregivers who are concerned about the behavior of their teen or young adult. Clinicians are available by phone and can help: <ul style="list-style-type: none"> <li>□ complete an assessment of the concerning behavior,</li> <li>□ refer the adolescent to a Behavioral Health Care Coordinator or to a community resource who can recommend individual or family therapy, or</li> <li>□ direct patients to online educational materials.</li> </ul> </li> </ul>
<b>Medication-Assisted Therapy (MAT)</b> For Alcohol and Drug Dependence	<ul style="list-style-type: none"> <li>■ The MAT program gives patients medication treatment options if they need extra help managing their addiction while on the road to recovery.</li> <li>■ The program not only focuses on patients who have been discharged from inpatient substance use treatment programs, but also targets individuals receiving outpatient case or disease management services.</li> </ul>



## REFERRING IS EASY.

Have a patient who may benefit from one of these programs?

**CALL:** 1-800-972-0718

**EMAIL:** [mhpgpcp@magellanhealth.com](mailto:mhpgpcp@magellanhealth.com)

**VISIT:** <https://www.magellanprovider.com>

<sup>1</sup> Mental Health By The Numbers (n.d.) Retrieved July 2016 from <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

\*Magellan HealthCare Provider Group is an independent medical group providing behavioral health services to CareFirst BlueCross BlueShield members.

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc.

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