



Getting Started With YES



Determine if your child may benefit from a mental health assessment

Do one of the following things:

- Call your local [Children's Mental Health Office](#) to talk to someone about getting help.
- Talk to a doctor about completing a mental health screener.
- Use the Youth Mental Health Checklist for Families available under "Parents" at yes.idaho.gov.

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Schedule an assessment and participate in the process with your child

- If your child has Medicaid, contact the [Idaho Behavioral Health Plan managed care provider](#) for help locating a local mental health provider.
- If your child has Medicaid and you would like respite services, call the Independent Assessor.
- If your child does not have Medicaid, call the Independent Assessor or your local [Children's Mental Health Office](#).

2

Apply for Medicaid

If your child does not have Medicaid they may be eligible. To apply:

- Call 1-877-456-1233.
- OR
- Go to <http://idalink.idaho.gov>.

Note: Medicaid income limits are higher for children with SED.

3

Find a provider

- If your child has Medicaid, contact the [Idaho Behavioral Health Plan managed care provider](#) for help locating a local mental health provider.
- If your child does not have Medicaid, call your regional [Children's Mental Health Office](#).

Note: In some cases step 4 may occur after step 5 and that's okay.

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Resources

Youth Mental Health Checklist for Families

Available under "Parents" at yes.idaho.gov.

Independent Assessor

Liberty Healthcare
1-877-305-3469

Idaho Behavioral Health Plan managed care provider

Optum Idaho
www.optumidaho.com or 855-202-0973

Children's Mental Health Offices

1-833-644-8296
Available under "Contact Us" at yes.idaho.gov

Set up appointments with providers and work on goals

- Work towards the goals identified in your coordinated care plan.
- Celebrate milestones, goals and successes.

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Participate in coordinated care planning

- Attend coordinated care planning meetings.
- Invite your mental health provider and other supportive family and friends to the meeting.
- Work with your Child and Family Team to identify services, supports and goals.

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Note: Work with your provider to determine if you need a person-centered service plan.