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.

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 Assesor.
- If your child does not have Medicaid, call the Independent Assesor or your local Children’s Mental Health Office.

Apply for Medicaid

If your child does not have Medicaid they may be eligible. To apply:
- Call 1-877-456-1233.
- Go to http://idalink.idaho.gov.

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

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.

Resources

Youth Mental Health Checklist for Families
Available under “Parents” at yes.idaho.gov.

Independent Assesor
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.

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.

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

yes.idaho.gov

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