

# 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 with a doctor about completing a mental health screener:  
[www.idahocmhscreeener.com/app/#/](http://www.idahocmhscreeener.com/app/#/)
- Use the Youth Mental Health Checklist for Families available under "Parents" at [yes.idaho.gov](http://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](#).

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## Apply for Medicaid

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

- Online: <http://idalink.idaho.gov>
- Phone: 1-877-456-1233

For information on how to apply or for income limits visit:  
<https://healthandwelfare.idaho.gov/services-programs/medicaid-health/apply-medicaid-0>

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## 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](http://yes.idaho.gov).

### Independent Assessor

Liberty Healthcare  
1-877-305-3469

### Idaho Behavioral Health Plan managed care provider

Optum Idaho  
[www.optumidaho.com](http://www.optumidaho.com) or 855-202-0973

### Children's Mental Health Offices

1-833-644-8296  
Available under "Contact Us" at [yes.idaho.gov](http://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.

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

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