

# Optum Idaho

## Outpatient Behavioral Health Services

### Behavioral Health Services Available:

- Adult Peer Support
- Behavior Modification and Consultation\*\*
- Case Management
- Child and Adolescent Needs and Strengths (CANS)
- Child and Family Team (CFT)
- Comprehensive Diagnostic Assessment (CDA)
- Crisis Center Services
- Crisis Intervention
- Crisis Psychotherapy
- Crisis Response
- Day Treatment\*\*
- Family Psychoeducation
- Family Psychotherapy
- Family Support
- Functional Assessment
- Group Psychotherapy
- Individual Psychotherapy
- Individual Psychotherapy for Substance Use Disorder
- Individualized Treatment Plan
- Integrated Substance Use Disorder Treatment
- Intensive Home- and Community-Based Services\*\*
- Intensive Outpatient Program (IOP)
- Medication Management
- Mental Health Assessment
- Opioid Treatment Program (OTPs)
- Partial Hospitalization Program (PHP)\*\*
- Person-Centered Service Plan
- Psychological/Neuropsychological Testing
- Recovery Coaching
- Respite (*see restrictions*)
- Skills Building/Community-Based Rehabilitative Services (CBRS)\*\*
- Skills Building/CBRS Treatment Plan
- Skills Training and Development (STAD)
- Substance Use Assessment
- Substance Use Disorder Group Psychotherapy
- Therapeutic After-School and Summer Program (TASSP)
- Targeted Care Coordination (TCC)
- Therapeutic Prophylactic & Diagnostic Injection
- Youth Support

\* Services may not yet be available in all areas of the Optum Network.

\*\* Requires prior authorization.



For more information about the services listed here, visit us at [optumidaho.com](https://www.optumidaho.com) or call **1-855-202-0973**, TDD/TTY **711**.

## What is Optum?

Optum Idaho provides outpatient behavioral health services for Medicaid members. Behavioral health includes everything from depression to substance use disorders to an emotional crisis.

## What Does This Mean for You?

If you or someone you know is a Medicaid member you can receive behavioral health services.

## Start the Conversation About Mental Health

It's okay to ask for help. Mental health is just as important as physical health and deserves the same attention.

Optum Idaho Member Service Representatives can help you:

- Find a provider
- Understand your benefits, rights and responsibilities
- Get a Member Handbook
- Find help during a mental health crisis

## Questions or Need Assistance?

If you have questions, concerns or need assistance with an issue, please call our Member Access and Crisis Line 24 hours a day, seven days a week where a medical professional stands ready to help.

Optum Idaho Member Service representatives are also available to assist you with benefit questions 8:00 am to 6:00 pm MST, Monday – Friday. Call us today at **1-855-202-0973**, or TDD/TTY hearing impaired resources at **711**.

*Optum does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.*

*We provide free services to help you communicate with us such as letters in other languages or large print. You can also ask for an interpreter. To ask for help, please call the toll-free number **1-855-202-0973**, or TTY **711**.*

**ATENCIÓN:** Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al **1-855-202-0973**.

**中文:** 您有權利免費以您的語言得到幫助和訊息。如需洽詢一位口譯員，請撥電話 **1-855-202-0973**。

*Optum Idaho does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or behavioral health healthcare provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services. ©2021 Optum, Inc. All rights reserved.*