

"Si usted apreciaría esta nota en el español, escriba por favor a la dirección en el fondo de la página."

December 2003

Dear Medicaid Recipient:

The State of Colorado Department of Healthcare Policy and Financing has changed your Medicaid **mental health** benefits package effective September 1, 2003 in the following ways.

CHANGES TO YOUR MENTAL HEALTH BENEFITS

- **Outpatient Services** are provided in a community setting. Your benefits for individual and brief therapy are limited to 35 total sessions per year. Individual therapy is a one-to-one counseling session that lasts up to one hour. Brief therapy is a one-to-one counseling session that lasts less than thirty minutes. These benefit limits do not apply to group and family therapy. Previously, there were no limits to this outpatient benefit.
- **Inpatient Services** provide treatment for a mental health condition that requires 24-hour supervision in a hospital setting. Your benefits now allow you up to 45 inpatient hospital days per year. Previously, there were no limits to the inpatient benefit. If you or your child is eligible for EPSDT, you will be eligible for inpatient services according to EPSDT guidelines.

SERVICES THAT ARE NOW OPTIONAL

In addition, several categories of services that were required are now optional and may or may not be offered at your mental health center. They include:

- **Home Based Services for Children and Adolescents**
- **Intensive Case Management**
- **School Based Services**
- **Vocational Services**

There is an array of services available, and you and your provider will decide which services best fit your needs. To find out more, contact your community mental health center.

OTHER IMPORTANT THINGS TO KNOW

We understand that some of our members, because of a disability or limited English speaking skills, may need special accommodations in order to get the most from their mental health services. If you have a special request, please let us know when you call for an appointment. If there are any additional changes in your coverage or benefits, or if there are changes with the person or facility that is providing your mental health services, you will be contacted directly by mail.

HOW TO GET MORE INFORMATION ABOUT YOUR MENTAL HEALTH BENEFITS

If you would like to get more information about your mental health benefits, contact us at the address listed below and we will send you a benefits handbook; or you can go to our web site at: <http://www.yourchn.com>. You can also call the community mental health center closest to you to get more information. Information is available in Spanish, large type and audiotape.

At SyCare and West Slope-Options Colorado Health Networks, we believe in providing quality services in partnership with those we serve. Should you ever need mental health services, we want to be your partner in good health.

Sincerely,

Steve Holsenbeck, M.D.
Executive Director

Colorado Health Networks
7150 Campus Drive, Suite 300
Colorado Springs, CO 80920