Getting Started With YES

Determine if your child may benefit from a mental health assessment
Do one of the following things:
• Call Children’s Mental Health at 833-644-8296 to talk to someone about getting help.
• Use the Youth Mental Health Checklist for Families.
• Talk to a doctor and take a mental health screener.

Schedule an assessment and participate in the process with your child
• If your child has Medicaid, schedule an assessment with an Optum Idaho provider.
• If your child has Medicaid and you would like respite services, call Liberty Healthcare at 1-877-305-3469.
• If your child does not have Medicaid, call Liberty Healthcare or Children’s Mental Health.

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, call Optum Idaho.
• 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
Liberty Healthcare
1-877-305-3469
Optum Idaho
www.optumidaho.com or 855-202-0973
Children’s Mental Health Offices
1-833-644-8296
https://healthandwelfare.idaho.gov/ContactUs/tabid/127/Default.aspx#tabs_dnn_c tr9971_JQueryTabs-3

Set up appointments with providers and work on goals
• Work with your Child and Family Team to identify services, supports and goals.
• 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.

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