

# 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.

1

## 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.

2

## 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.

3

## 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.

4

## Resources

### Youth Mental Health Checklist for Families

<https://youthempowermentservices.idaho.gov/Portals/105/Documents/MHChecklist.pdf>

**Liberty Healthcare**  
1-877-305-3469

**Optum Idaho**  
[www.optumidaho.com](http://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\\_ctr9971 JQueryTabs-3](https://healthandwelfare.idaho.gov/ContactUs/tabid/127/Default.aspx#tabs_dnn_ctr9971 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.

6

## 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.

5