



Alaska Medicaid Newsletter

Important information for you as an Alaska Medicaid Participant

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Mental Health Awareness Month: Take Action to Help Improve Your Mental Health

If you've been struggling with your mental health, you're not alone. The U.S. is facing a mental health crisis that experts say is growing worse.

Here are answers to three common questions about mental health treatment:

1. What are the symptoms of a mental health condition?

The signs of mental health issues can vary, but there are some common themes. Symptoms can become a bigger problem that can cause stress. Stress can make it hard to function day to day. Things to watch for include constantly feeling sad or down and withdrawing from family and friends. Additional signs include:

- Eating or sleeping too much or too little
- Extreme mood changes, including excessive irritability anger, and excessive fears or worries
- Issues with alcohol or drug use

2. For help please call **800-225-8764**, Monday — Friday 8:00 a.m. — 6:00 p.m., Alaska Time. Free language assistance services are available to you

3. On the [Live and Work Well \(LAWW\) website](#), you can access a variety of resources including exploring care options, learning about therapy, substance use disorder helpline and support, and mindfulness movement, and resources to get help with food, bills, and more.

Article courtesy of Optum partners at UnitedHealthcare; both companies are part of UnitedHealth Group



Mental Health Resources You May Be Overlooking In Your Health Plan

Managing your mental health is an important part of caring for your overall well-being, but finding the support you need may be overwhelming, especially if you don't know where to start. One often overlooked place to begin is with your health plan.

Understanding your plan may help you find the mental health resources you need and put you on the path toward recovery. Consider these tips to help you check what mental health coverage you may have access to.

- ✓ Check your current description of plan benefits. It will include information on what's covered for mental health services. Call the number on your insurance card, to learn more. You can also view your Medicaid participant handbook from the Optum website here: [Medicaid participant handbook](#)
- ✓ Try virtual services if you'd rather receive care from the comfort of your home. Look at your plan benefits to see which solutions you may have access to.
- ✓ Look for a provider using Live and Work Well (LAWW). This will help you find in-network mental health professionals that are right for you. You can access LAWW by using the helpful link on page 3 of this newsletter.
- ✓ LAWW can help you get support for a wide range of mental and emotional health needs. LAWW can also help you find resources for anxiety, depression, PTSD, bipolar disorder, eating disorders and many more.

Concerned about yourself or a loved one? Mental health resources are available to help you get the support you need.

Article courtesy of Optum partners at UnitedHealthcare; both companies are part of UnitedHealth Group

National Alliance on Mental Illness offers resources to assist with recognizing signs and symptoms, types of mental health conditions, other common concerns and how to find treatment.

[Learn more about mental health | NAMI: National Alliance](#)



If you're a participant or a participant advocate and have questions about Medicaid coverage, please call 800-225-8764, toll-free statewide Monday — Friday 8:00 a.m. — 6:00 p.m., Alaska Time. Free language assistance services are available to you.



PEER SUPPORT CORNER

Mental health can be affected by poverty. This can make it hard to pick between the need for food or shelter. Here is a link for [food banks](#). Another option is to look at [local shelters](#), and housing programs/options.

Shelters can offer some of the following:

- Shelter staff help provide education and resources
- Job and employment services
- Connect with other residents

These resources range from Mental Health to Substance Use Disorder support. Additional links for housing programs/options in Alaska:

1. [Alaska Housing Finance Corporation :: Application Packets and Waiting List Status \(ahfc.us\)](#)
2. [NeighborWorks Alaska - Stable housing Thriving Families Strong Communities \(nwalaska.org\)](#)
3. [Cook Inlet Housing Authority – Promoting Independence Through Housing](#)
4. [Catholic Social Services - Alaska \(cssalaska.org\)](#)
5. [HOME FOR GOOD Resources \(liveunitedanc.org\)](#)
6. [HOME | My Site \(familypromisejuneau.org\)](#)
7. [TGH \(feedjuneau.org\)](#)
8. [RurAL CAP | The Rural Alaska Community Action Program, Inc.](#)
9. Fairbanks Housing Services: <https://fnhs.org/renting-a-home/>
10. Fairbanks, Interior Regional Housing Authority: [About Us – Interior Regional Housing Authority \(irha.org\)](#)

Mobile Crisis Team

The Mobile Crisis Team or MCT, is a mental health service in Alaska. Mobile Crisis Team's (MCTs) offer a quick response to a mental health crisis. The Team is specifically trained in:

- building rapport
- providing on-the-spot counseling
- de-escalation and to connect the person in crisis with community support.

MCT can also transport people to a local hospital that has psychiatric services. The MCT reduces the role of police in a mental health crisis response.

The number to call for the MCT in Anchorage is 3-1-1, Option 1

The number to call for the MCT in Fairbanks is 9-1-1

More Alaska support and meeting information:

[Out of the Darkness Mat-Su Valley Walk](#) 5/6/23

[Out of the Darkness Anchorage Walk](#) 9/9/23

MAKE A CONNECTION

Find a Provider:

Participant Access Line: 800-225-8764 TDD/TTY dial 711 or visit alaska.optum.com and click *Find a Provider* on left side of the page.

Get Transportation:

For Medicaid travel benefits call the Medicaid Participant Helpline at 800-770-5650, Option 2.

Live & Work Well:

You can find information about maintaining your wellness and resources for crisis support.

Hotlines

National Suicide Prevention Line

9-8-8 988.alaska.gov

Veterans Crisis Line

800-273-8255 text 838255

Careline

877-266-4357 (HELP) or text 4help to

839863

National Domestic Violence Hotline

800-799-7233

