

Optum Alaska

Transitional Case Management Services for Behavioral Health

Did you know?

Optum Alaska provides Case Management services to adult Alaska Medicaid Participants transitioning from residential or inpatient care for behavioral health needs. Behavioral health includes everything from depression to substance use disorders to emotional crisis.

Start Talking About Mental Health

It's okay to ask for help. Your mental health is important and Optum Alaska is here to assist. Our Service Representatives can help you:

- Find an enrolled Alaska Medicaid Behavioral Health Provider.
- Understand your benefits, rights, and responsibilities.
- Review the Alaska Medicaid Behavioral Health Services Participant Handbook.
- Identify community resources and supports.

Questions?

1-800-225-8764, toll-free statewide Monday-Friday 8:00 a.m.- 6:00p.m., Alaska Time. Free language assistance services are available to you. If you are deaf or hard of hearing, please call 711 for TTY services.



<https://alaska.optum.com>



MedicaidHelpOptumAK@optum.com



Alaska Medicaid Behavioral Health Services

- Behavior Modification and Consultation
- Case Management
- Comprehensive Diagnostic Assessment
- Day Treatment
- Drug/Alcohol Testing
- Early Periodic Screening Diagnosis and Treatment
- Family-based Interventions to understand and cope with illness
- Family Psychotherapy
- Family Support Specialists
- Group Psychotherapy
- Individual Psychotherapy
- Individualized Treatment Plan
- Intensive Outpatient Program
- Peer Support Specialists - Adult Support
- Peer Support Specialists - Youth Support
- Pharmacologic Management (Medication Management)
- Psychological/Neuropsychological Testing
- Skill Building /Community Based Rehabilitative services

Services may not yet be available in all areas of Alaska. Prior authorization may be required.



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

español (Spanish): Tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para solicitar un intérprete, llame al 1-800-225-8764.

如果您說中文 (Chinese):

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 1-800-225-8764。