



## YOUR TRANSITION-AGED YOUTH (TAY) GUIDE

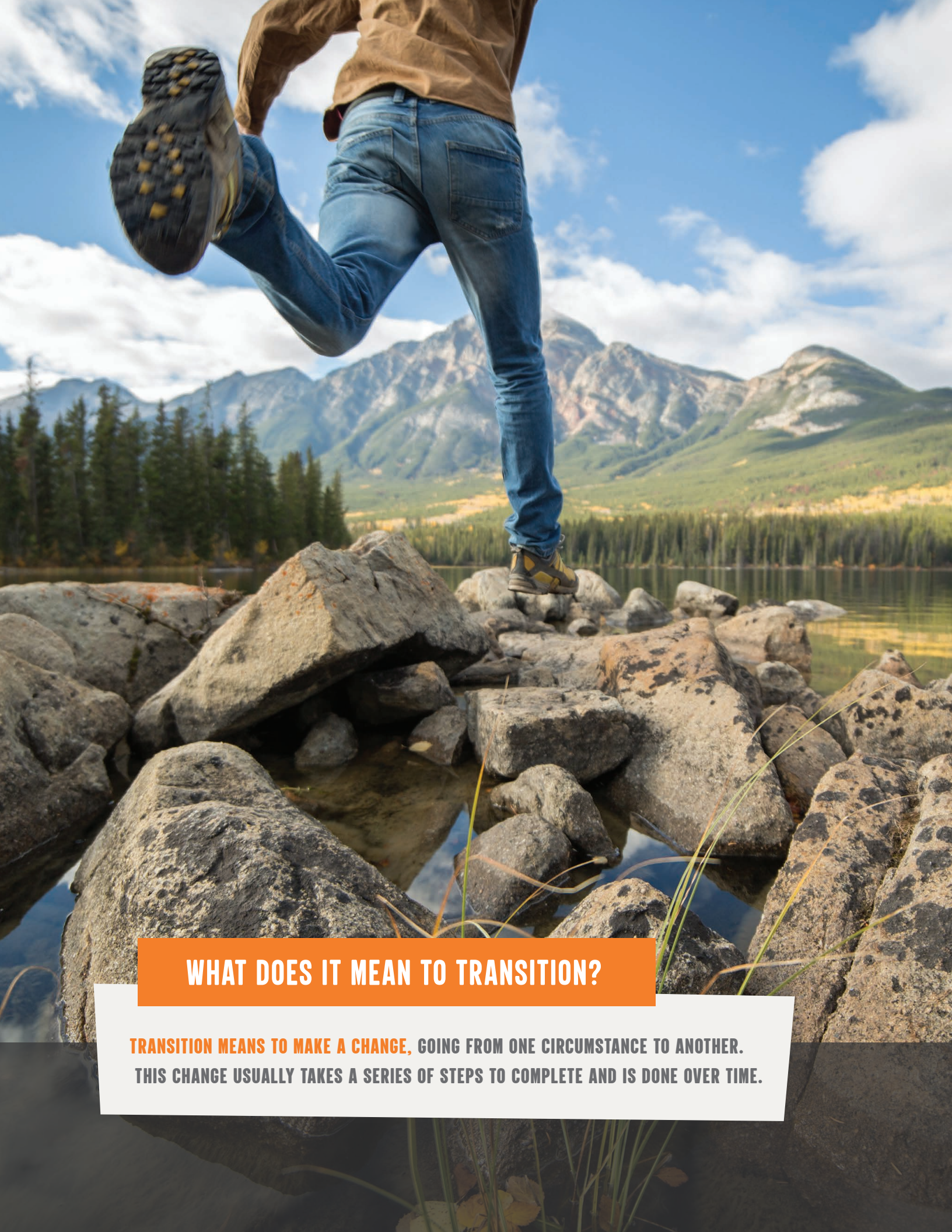
**YOU'RE TURNING 18!**

**IT'S TIME TO TRANSITION TO ADULT SERVICES.**

*Inside:* Your guide to transition from youth to adult behavioral health services.

**LET THE ADVENTURE BEGIN!**





## WHAT DOES IT MEAN TO TRANSITION?

**TRANSITION MEANS TO MAKE A CHANGE,** GOING FROM ONE CIRCUMSTANCE TO ANOTHER. THIS CHANGE USUALLY TAKES A SERIES OF STEPS TO COMPLETE AND IS DONE OVER TIME.



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## CONGRATULATIONS!

**Your 18th birthday is approaching, and you will soon be considered an adult. This is an exciting step in your life!**

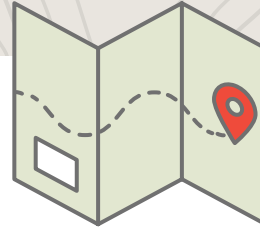
While exciting, this transition may also cause feelings of stress. This Transition-Aged Youth Guide was created to help support you and those around you with information and resources to make your journey through this transition as smooth and stress-free as possible.

Many of your current behavioral health services and other aspects of your care will likely need to transition to new providers that will support your adult needs. Your current providers may only specialize in services for youth under age 18, so it's important to make the move to adult-care services so there will be no interruptions to your future care.

There are other decisions you'll be making as a new adult in other aspects of your life such as: work, continuing education, transportation, housing, money, etc. Each person has individual experiences (both good and bad); different levels of support from families, friends, and/or others; and individual strengths and resiliency factors that all influence outcomes throughout the phases of their life, including the transition to adulthood.

**If you're worried, that's normal. Good news is this...** You'll have adults around you that can help you with this process—whether a parent, guardian, mentor or counselor. Inside this Transition-Aged Youth Guide, we'll walk you through the important steps you'll need to take in the process.

*Just like preparing for a trip to the beautiful Idaho outdoors, this Guide will help you navigate each step to make your transition journey a success.*



## WHY DID OPTUM CREATE THIS GUIDE?

At Optum Idaho, we're committed to supporting you, our member, in this transition journey as you navigate from youth **Medicaid** services to adult Medicaid behavioral health services. Our mission is to improve our members access to care and focus on addressing the needs of our Idaho members. That's what drives us to create helpful resources like this Guide for you!

## OPTUM'S GOAL FOR THIS GUIDE

The goal of the **Transition-Aged Youth** Guide is to provide information and resources that can be easily used by our members, providers, and partners that work with youth **to support a successful transition from youth behavioral health services to adult behavioral health services.**

This Guide provides information specific to:

- Resources and support when you are ready to apply to Medicaid
- Regional Medicaid contact information
- Behavioral health services
- Early Periodic Screening, Diagnostic and Treatment (EPSDT) process
- How to find a provider and questions to ask your provider
- The importance of self advocacy and tools you can use for advocacy
- Definitions of terms used throughout this Guide

## LET'S START WITH THE DEFINITION OF TRANSITION-AGED YOUTH OR "TAY"

Inside this Guide, you'll see the term Transition-Aged Youth (TAY) a lot. This term is defined as persons moving from the stage of late adolescence to young adulthood. Other terms associated with Transition-Aged Youth include "youth in transition" or "youth aging out," depending on what system they are involved in. For purposes of the Optum Idaho Transition-Aged Youth Guide, the term, "Transition-Aged Youth" and the acronym "TAY" will be used.



SEE THE WORDS IN **BLUE PRINT**? YOU CAN FIND DEFINITIONS FOR THOSE TERMS ON PAGE 22 IN 'WORDS TO KNOW'.

## WHEN YOU TURN 18, WHAT HAPPENS LEGALLY?

**By law, when you reach the age of 18, you become an adult.**

You have the right to make decisions about yourself and your life. You have the right to make decisions about your education, adult services, how you spend your money, bank accounts, rental or housing agreements, medical care, contracts, and many other things.

NOTE!

**It is important for you and your parent or trusted adult to start talking about these things at least one year before you turn 18.** The reason to start this discussion early (age 17) is because some services, **applications** (forms that you fill out) and processes take time to complete.

Turning 18 means you are also responsible for the results of your decisions and your actions. Having these legal rights means taking responsibility. Sometimes we make decisions that affect our lives—either in a positive way or a negative way. Here are some examples:

- If you decide to spend your money on a trip instead of paying your rent, your landlord might make you move out.
- If you go to the doctor and decide not to do what they tell you, it might affect your health or make you sick.
- If you have a credit card and buy things you can't afford, you will have to find a way to pay for those things.

As an adult you will have a lot of choices and decisions to make.

It is important to know what might happen when you make a decision (the **consequence**) and be able to take responsibility for that choice. You can ask people you trust to help you get the information you need to make good decisions.



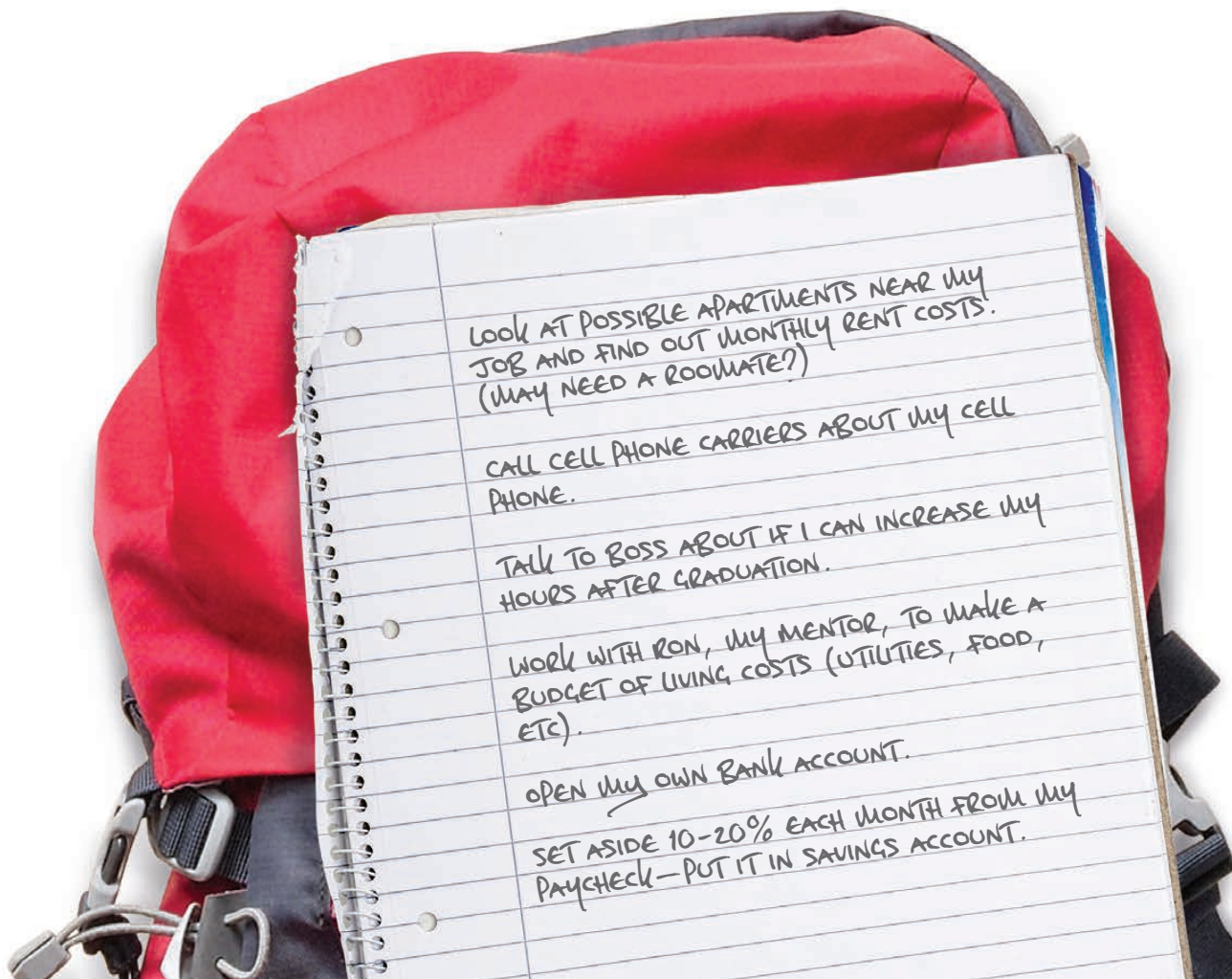
## QUESTIONS TO ASK



### HOW WILL I KNOW WHAT I MIGHT NEED?

Starting at 17, ask a trusted adult to sit and talk through your ideas about what you might need or want as an adult. Things you may want to talk about:

- **Internet access:** Do I have this, and if not, how can I get it?
- **Computer or Phone:** Do I already have one that works well or do I need one? What if I don't want to continue with my current cellular plan?
- **Volunteering or Extracurriculars:** Would this be good for me to do?
- **School:** Should I take classes or pursue higher education after I finish HS? If yes, which ones?
- **Housing:** Where will I live?
- **Medical care:** Do I have a doctor(s) that I need to see regularly?
- **Work:** Do I want or need to work? How do I budget my money?
- **Transportation:** Will I take the bus or do I have a car I can buy or use? Do I need get my drivers licence?



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# HOW TO APPLY FOR MEDICAID

## RESOURCES TO HELP YOU

If you want to and feel like you can complete the Medicaid application independently, then go for it! Otherwise, there are people who can help you with the process. Listed below are options for getting the help you may need. You can:

- Call the Idaho Department of Health and Welfare's toll-free Benefits Customer Service Center at **1-877-456-1233** to apply over the phone or if you have questions about your application.
- Go to your local Health and Welfare office (see page 9 for Medicaid office hours; see page 10 for a regional map of office locations and addresses near you).
- Visit Idalink at [idalink.idaho.gov](http://idalink.idaho.gov)
- Visit Your Health Idaho at [www.yourhealthidaho.org](http://www.yourhealthidaho.org)
- Visit Live Better Idaho at [www.livebetteridaho.org](http://www.livebetteridaho.org)
- Call the Idaho CareLine at **2-1-1** or **1-800-926-2588** to request an application.

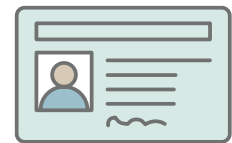
## THINGS TO KNOW WHEN YOU ARE COMPLETING YOUR APPLICATION

- The application comes in English and Spanish versions.
- Language interpretation is available at **1-877-456-1233**.
- **TTY/TDD** is available for those with hearing or speech needs by calling **1-888-791-3004**.
- Trusted friends and adults can help you fill out your application.

## DOCUMENTS TO HAVE READY WHEN APPLYING FOR MEDICAID

Here's what you need:

- **Evidence of identity** – A picture ID or other information including your name, age, sex, race, height, weight, address must be on the document. For example, a driver's license; school ID card; U.S. military card; or a federal, state, or local government-issued ID card.



- **Proof of monthly income** – If you do not have income, indicate "N/A" (not applicable) or list the last day you worked. If you have a job, submit the last thirty-days of wage stubs. If you received gifts, contributions, or social security benefits, you will need to list this information. If you have inconsistent income, you may be asked to explain that information. Also, you may be asked for additional information as needed depending on the situation. You may be asked for additional information as needed depending on the situation.



- **Citizenship or Legal Alien status** – If you are a citizen of the United States, all you need to do is indicate that you are a citizen. If you are not a citizen of the United States, you need to indicate that you are not a citizen. You may need to show documentation for your status at a later time.
- **Idaho residency** – If you are a resident of Idaho, just indicate that you are a resident. Verification will not be requested unless more information is needed.



## HOW TO TURN IN YOUR COMPLETED APPLICATION

- **Mail your application to:** Department of Health and Welfare, Self-Reliance Programs, PO Box 83720, Boise, ID 83720-0026.
- Drop off your application in-person or at any local Health and Welfare office. You can find office locations at this link: [healthandwelfare.idaho.gov/offices](https://healthandwelfare.idaho.gov/offices)
- Fax your application to: **1-866-434-8278**.
- Email your application to: [mybenefits@dhw.idaho.gov](mailto:mybenefits@dhw.idaho.gov)
- Complete and submit your application online at: Idalink at [idalink.idaho.gov](https://idalink.idaho.gov), Your Health Idaho at [www.yourhealthidaho.org](https://www.yourhealthidaho.org), or Live Better Idaho at [www.livebetteridaho.org](https://www.livebetteridaho.org)

## WHAT HAPPENS NEXT?

Once your application is received, your application will be reviewed by staff to see if you are eligible for Medicaid. If staff needs more information, they will call you or send you a letter asking for it. **It is important for you to tell Medicaid if your phone number, address, or email changes** so they are able to contact you and share current communications with you about your Medicaid application. (To notify Medicaid of a change, call **1-877-456-1233**.)

**If you completed your application over the phone or online, you don't have to submit a paper application. It usually takes about 45 days to determine eligibility.** If more information is needed for your application, this may extend the time frame.

Once your eligibility status for Medicaid has been decided, you will get a letter notifying you if you are eligible for Medicaid. If you are eligible and are new to Medicaid, you will be mailed a Medicaid identification card within 2 weeks.



**Your identification card is permanent. Do not throw it away, ever.** If you lose benefits and then get benefits again, you will use the same card.

If you have questions about your application, call **1-877-456-1233**.

## REGIONAL MEDICAID OFFICE HOURS

**Monday – Friday:** 8:00 am – 5:00 pm

**Saturday – Sunday:** Closed

Closed on holidays. Some services are only available by phone.

**Please call before going to an office. See page 10 for a regional map of office locations and addresses.**

The statewide contact number is **1-877-456-1233**.

# REGIONAL MEDICAID OFFICE LOCATIONS

Statewide number:  
**1-877-456-1233.**  
**Please call before going to an office.**



## 1 Region 1

**Coeur d'Alene Office** – Ironwood Building  
 1120 Ironwood Drive, Coeur d'Alene, ID 83814

**Kellogg Office**  
 35 Wildcat Way, Suite B, Kellogg, ID 83837

**Sandpoint and Ponderay Office**  
 207 Larkspur Street, Ponderay, ID 83852

## 2 Region 2

**Grangeville Office** – Camas Resource Center  
 216 South C Street  
 Grangeville, ID 83530

**Lewiston Office** – State Office Building  
 1118 F Street  
 Lewiston, ID 83501

**Moscow Office**  
 1350 Troy Highway, Moscow, ID 83843

## 3 Region 3

**Caldwell Office**  
 3402 Franklin Rd, Caldwell, ID 83605

**Nampa Office**  
 823 Park Centre Way, Nampa, ID 83651

**Payette Office**  
 515 N. 16th Street, Payette, ID 83661

## 4 Region 4

**Boise Office** – Westgate Building  
 1720 Westgate Drive, Boise, ID 83704

**Mountain Home Office**  
 2420 American Legion Blvd.  
 Mountain Home, ID 83647

## 5 Region 5

**Burley Office**  
 2241 Overland Avenue, Burley, ID 83318

**Twin Falls Office** – Pole Line Building  
 601 Pole Line Road, Twin Falls, ID 83301

## 6 Region 6

**Pocatello Office** – Horizon Building  
 1090 Hiline, Pocatello, ID 83201

## 7 Region 7

**Blackfoot Office** – Blackfoot Services Complex  
 701 East Alice, Blackfoot, ID 83221

**Idaho Falls Office**  
 150 Shoup Ave., Idaho Falls, ID 83402

**Rexburg Office**  
 333 Walker Drive, Rexburg, ID 83440

**Salmon Office** – Field Office  
 111 Lillian Street, Suite 104  
 Salmon, ID 83467

# LIST OF BEHAVIORAL HEALTH SERVICES

## FOR YOUTH UNDER 18 YEARS OLD & YOUTH 18 YEARS OLD OR OLDER

Optum Idaho administers outpatient behavioral health services for **Idaho Behavioral Health Plan (IBHP)** members.

Outpatient behavioral health services help support recovery and resiliency for people facing:

- Emotional challenges
- Mental illness
- Substance use disorders

### WHAT IDAHO BEHAVIORAL HEALTH PLAN (IBHP) SERVICES CAN I ACCESS?

There are many kinds of treatment. **The services you receive will depend on your individual situation and needs.** Every person may not qualify for every available service. When you talk with your provider, you will discuss what you feel you may want or need and then chose from the services that are offered. If you already have a therapist or are seeing a professional with clinical experience, that person can help explain what services are medically necessary and best for your needs.

**Availability of some services may depend on your age.** See the 'Eligibility' column in the Covered Services chart below and on the following pages for specific information about each service.

Some services need **prior authorization**. This means your provider must contact us and receive approval, before providing the service. The chart shown in the "Covered Services" section lists all Optum's services. The services that require prior authorization have a note under the name of the covered service.

Covered Service	Eligibility	Definition
<b>Adult Peer Support</b>	New service for members age 18* and older	Peer Support specialists use their lived recovery experience from a mental health diagnosis and specific specialist training to help you define your goals for recovery and develop a recovery plan. This service helps you learn to manage difficulties in your life.
<i>*Note: This is a service you might recognize or have used previously. When under 18 this service is titled "Youth Support."</i>		
<b>Case Management</b>	All members	A behavioral health care professional helps you learn how to coordinate and access your medical, mental health and community-living needs.
<b>Comprehensive Diagnostic Assessment (CDA)</b>	All members	A CDA is a process where a behavioral health care professional reviews past and present medical and behavioral information that you report and then makes a written summary and identifies a diagnosis, if needed.

*(Covered Services table continued on following page.)*

# LIST OF BEHAVIORAL HEALTH SERVICES

Covered Service	Eligibility	Definition
<b>Crisis Center Services</b>	New service for members age 18 and older	Crisis* Centers offer you emergency mental/behavioral health services if you are 18 years of age or older and are having a substance use or mental health crisis. You may stay at a Center for up to 23 hours and 59 minutes.
<p><i>*Note: This is a new service once an individual turns 18. *A crisis is when you or someone you know is having sudden and severe mental health concerns, and you are unsure of what to do.</i></p>		
<b>Crisis Intervention</b>	All members	Crisis Intervention services allow you to talk to a behavioral health professional in a face-to-face setting, and are available 24 hours a day, 7 days a week. The behavioral health professional will work with you to manage the crisis and will help you develop a plan that includes the steps to take that will reduce the crisis.
<b>Crisis Psychotherapy</b>	All members	Crisis Psychotherapy is provided if you are experiencing an acute crisis and are not at risk of harm to yourself or others.
<b>Crisis Response</b>	All members	Crisis Response Services allow you to speak with a mental health professional over the phone while you are in crisis and are available 24 hours a day, 7 days a week.
<b>Drug/Alcohol Testing</b>	All members	A test to see if you have been using chemical substances or alcohol.
<b>Family Psychoeducation</b>	All members	You and your family are given information that can help you understand your mental health needs and strengths. This service is to help you learn about and understand your condition, so you can manage and make decisions in an informed way. Depending on what you need help with, you can attend sessions with just your family or a group of families that share the same experiences.
<b>Family Psychotherapy</b>	All members	You and your family can talk with a behavioral health care professional about emotional problems you and your family may be having and learn coping skills to help manage them.
<b>Functional Assessment</b>	All members	Your provider uses a functional assessment to learn about your strengths and needs. Strengths are areas of your life where you are doing well. Needs are areas where you can use support.
<b>Group Psychotherapy</b>	All members	You will meet with a group of people with similar emotional issues and a behavioral health care professional. Group members share experiences and practice coping skills to learn how to manage issues as independently as possible.

(Covered Services table continued on following page.)

Covered Service	Eligibility	Definition
<b>Individual Psychotherapy</b>	All members	You can talk with a behavioral health care professional about emotional issues you may be having and learn coping skills to help you manage them.
<b>Individual Psychotherapy for Substance Use Disorders</b>	All members	Your provider will talk with you to help you create ways to deal with your substance use cravings. They will suggest ways to avoid substance use and prevent relapse.
<b>Individualized Treatment Plan</b>	All members	A written plan you create with your behavioral health provider. The plan describes your behavioral health goals.
<b>Integrated Substance Use Disorder Treatment</b>	All members	Integrated Substance Use Disorder Treatment is a way of providing care rather than a specific benefit. Many network providers offer integrated care for you if you have a mental health condition co-occurring with a substance use disorder.
<b>Intensive Outpatient Program (IOP)</b>	All members	Intensive Outpatient Programs (IOP) are structured programs for adults and adolescents. IOPs are for you if you are having behavioral health symptoms that can be managed in a level of care that is less intensive than partial hospitalization but higher than your regular treatment. Adults participate at least three hours a day, three times a week. Adolescents participate at least two hours a day, three times a week.
<b>Medication Management</b>	All members	A doctor or nurse meets with you to discuss the medicines you are taking and order new prescriptions you might need.
<b>Mental Health Assessment</b>	All members	During an assessment, a mental health professional gathers information that lets them know if you have a mental or substance use disorder. An assessment determines if you are ready for change, and helps your provider identify strengths or problem areas that may affect your treatment and recovery.
<b>Opioid Treatment Program (OTPs)</b>	All members*	Opioid Treatment Programs (OTPs) are specialized programs that treat opioid use disorder (OUD). These programs may offer medications and or counseling to treat your opioid use disorder.
*Note: This is a new service once an individual turns 18. This treatment may be offered to certain members under the age of 18 if they meet specific criteria.		
<b>Partial Hospitalization Program (PHP) (Requires Prior Authorization)</b>	All members	This is a structured program that you attend for 20 or more hours a week and you do not spend the night in the hospital. When you attend a Partial Hospitalization Program, services you may receive may include: individual, group and family psychotherapy, cognitive behavioral therapy, substance use monitoring, if appropriate, and more.

(Covered Services table continued on following page.)

Covered Service	Eligibility	Definition
<b>Psychological/ Neuropsychological Testing</b>	All members	Written, visual or verbal tests that are given by a psychologist to measure your thinking and emotional abilities.
<b>Recovery Coaching</b>	New service for members age 18 and older	A recovery coach is different from a therapist or sponsor. A recovery coach serves as an advocate, a guide, a leader and a mentor. They help you connect to services and the recovery community. They also help you develop a recovery and resilience plan that meets your needs. If you have a relapse, a recovery coach can help you re-engage in supports and treatments. Members who work with a recovery coach may see fewer and less severe relapses.
<b>Skills Building/ Community-Based Rehabilitation Services (CBRS) (Requires Prior Authorization)</b>	All members	Services provided to you by a behavioral health care professional in your home or community to help you gain skills for successful living. You will also practice skills you need to support your overall wellness and independent living abilities.
<b>Skills Building/CBRS Treatment Plan</b>	All members	Your behavioral health professional, your family and you work together to create an individualized Skills Building/ CBRS treatment plan.
<b>Skills Training and Development (STAD)</b>	All members	Your behavioral care professional teaches you social, communication, behavior and basic living skills in a group setting to help gain and practice skills to support overall wellness and independent living abilities.
<b>Substance Use Assessment</b>	All members	Your provider uses this type of assessment to learn if you may have substance use problems. It is used to find evidence of a drug or alcohol problem.
<b>Substance Use Disorder Group Psychotherapy</b>	All members	You will meet with a group of people with similar substance use issues and a behavioral health care professional. Group members share experiences and practice coping skills to learn how to manage substance use issues as independently as possible.
<b>Therapeutic, Prophylactic &amp; Diagnostic Injection</b>	All members	These are different types of injections (shots) that are offered to help you with your treatment.

Services in this Guide available as of November 2021. See the Optum Idaho Member Handbook for a list of the most current services: <https://optumidaho.com/content/ops-optidaholidaholen/members/resource-center.html>

## WILL ANY OF MY CURRENT SERVICES CHANGE ONCE I TURN 18?

The services listed below are for individuals who are **under** 18 years old:

- Behavior Modification and Consultation
- Child and Family Interdisciplinary Team meetings
- Day Treatment
- Family Support
- Intensive Home and Community Based Services
- Targeted Care Coordination
- Youth Support

If your **treatment team** thinks that it is necessary for you to continue in one of these services, your provider can apply for this service through something called the EPSDT process. EPSDT stands for Early Periodic Screening, Diagnosis and Treatment. More information about EPSDT is located on page 16 of this Guide.

**New services** you will now have access to include:

- Crisis Center Services
- Recovery Coaching
- Adult Peer Services

## WHAT IF I DON'T HAVE A CURRENT BEHAVIORAL HEALTH PROVIDER? WHO WILL HELP ME?

Once you have applied for and been deemed eligible for Medicaid, if you want to receive behavioral health services, you will need to choose a behavioral health provider or an agency and schedule an appointment. The behavioral health provider will help you explore services and develop a plan. You can find an updated list of providers in your area at: <https://www.liveandworkwell.com/content/en/public.html>

You may also call the Optum Idaho Member Access and Crisis Line at **1-855-202-0973**, or if you have speech or hearing needs, you can use TDD/TTY services at **711**. You may also go online at [optumidaho.com](http://optumidaho.com) and on the left side of the screen, click on "Find a Provider." This takes you to the "Search" screen for Idaho then click, "Search for support near you." You can also request a paper copy of the provider directory by calling Optum Idaho at **1-855-202-0973**.



# EARLY PERIODIC SCREENING, DIAGNOSIS AND TREATMENT (EPSDT)

## WHAT IS EPSDT AND WHAT IS IT USED FOR?

Medicaid pays for services that are medically necessary for children and young adults under age 21 who are enrolled in the Basic or Enhanced plan offered by Idaho Medicaid.

EPSDT is a benefit that can be requested and that you have the right to apply for if you, your treatment team, and your provider feel you need certain treatment services for your continued success. **EPSTD benefits require prior authorization.**

## WHY WOULD I NEED TO REQUEST THIS?

**One example might be, if you are under 21 years old and you need an outpatient behavioral health service that isn't normally covered for your age group, the EPSDT benefit can be requested.** This request would come from your provider who would be working with you to help explain why you both feel the service you are asking for is needed. Once you request this benefit, your provider would submit it with the proper documents to Optum Idaho for review and approval.

The process for this request is called **prior authorization**.

The goal of EPSDT is to make sure that you, once you have enrolled in Medicaid, receive the necessary, age-appropriate screening, preventive services, diagnostic (tests) and treatment services to correct, maintain or improve your current health condition. Also, it is intended to help prevent new health issues from starting.

When your provider submits the EPSDT request for you, it will be reviewed in the following ways:

- On a case-by-case basis looking at each person's needs individually.
- By **estimating** (taking an educated guess) relative **cost effectiveness** (comparing costs of services to the outcomes of participating in a service). (*NOTE: Optum cannot deny services based on cost alone.*)
- Taking into consideration that the services being requested are of a quality that meets professionally recognized standards of health care.



SEE THE WORDS IN **BLUE PRINT**?  
YOU CAN FIND DEFINITIONS FOR  
THOSE TERMS ON PAGE 22 IN  
'WORDS TO KNOW'.



# TRANSITION-AGED YOUTH SELF ADVOCACY

## WHAT DOES SELF ADVOCACY MEAN?

Self advocacy is an action (something that you do) and it means to stand up for yourself in a positive way so that you can explain to other people what you need in order to be successful. **Self advocacy** can help in your relationships at work, at school, at home, with your friends and with your doctors or counselors. Being an advocate for yourself will help you communicate better, create independence, feel empowered and find solutions to problems that other people may not be aware of.

What could self advocacy look like for you?

- Believe in who you are
- Know your rights
- Decide what you want
- Make a plan/set your goals
- Identify your support system
- Practice expressing yourself (telling other people what you want or need) in positive ways
- Become **persistent**

## EMOTIONS YOU MAY FEEL WHEN ADVOCATING FOR YOURSELF

You may feel anger, fear, frustration, excitement, power/control or independence. All these emotions are OK to feel. The two most important things you can do to help understand your emotions are to (1) identify the feeling you have, and (2) decide how will you act based on that feeling.

## HOW TO MANAGE YOUR FEELINGS IN A POSITIVE WAY

- Choose how and when to express the emotions you feel.
- Practice "wait time." You can do this by counting in your head to 10 while taking a few deep breaths, take a walk around the room or perhaps outside to clear your mind for a minute, or close your eyes and picture something that helps you feel calm.
- Explain your feeling in a calm voice with specific details and reasons why you might be feeling that way.

## UNDERSTANDING AND TELLING OTHERS ABOUT YOUR DIAGNOSIS/CONDITION

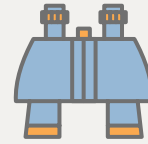
**How do I practice self advocacy when telling people about my condition?** You can practice self advocacy by choosing if you do or do not want to tell others about your diagnosis or condition.

**What reasons are there to tell people?** One reason to tell people that you trust about your diagnosis or condition is to receive encouragement and support.

Another reason for telling people is to share your crisis plan or your emergency plan so that others can be prepared to help you when you need it.

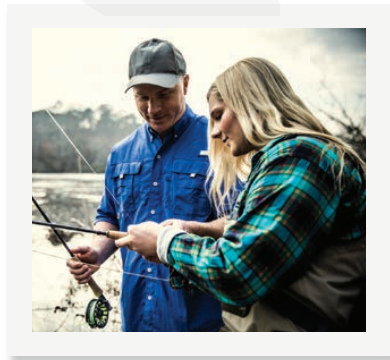
There is no magic number to the amount of people you tell. That is up to you. You decide who you tell, when you tell them and what you want them to know. If you do decide to tell people about your diagnosis or condition, using a "One-Page Description" might help (see exercise on the next page).

# WHO AM I? MY ONE-PAGE DESCRIPTION



This simple exercise is a fun way to explore more about who you are, and share with others important things about you that you'd like them to know. Here are some ideas to include on this page:

- Attach a picture of you doing something you like to do.
- Describe positive traits vs. facts about yourself (i.e., hair color, eye color...).
- What are things you like? List these things.
- Do you work or volunteer? Share about that.
- List the people who are your "cheerleaders" or are "on your team."
- How do you learn best?
- What supports help you to be more successful?
- List your emergency contacts.



## POSITIVE TRAITS ABOUT ME:

- I'M PATIENT WITH MY LITTLE SISTER.
- I'M A GOOD FRIEND WHO LISTENS.
- I AM WILLING TO TRY ANY FOOD ONCE.
- I HAVE A LOVE FOR ANIMALS.

## THINGS I LIKE TO DO:

- x SPENDING TIME WITH MY MENTOR
- x WRITING SHORT STORIES
- x PLAYING MY GUITAR
- x LEARNING HOW TO COOK NEW THINGS

## WHAT I LIKE:

- BLUEGRASS MUSIC
- CHEETOS AND COKE
- \* MY DOG, KATY

## MY JOB

- I WORK AT WENDY'S AS A CASHIER 4 NIGHTS A WEEK.
- I WAS EMPLOYEE OF THE MONTH IN SEPTEMBER!
- I'M SAVING FOR COLLEGE AND NEW GUITAR STRINGS.

## PEOPLE CHEERING ME ON:

- DAD
- MY SCHOOL COUNSELOR, DEBBIE
- MY AUNT MARY

## IN CASE OF EMERGENCY!!

- 1 - DAD: BILL HARRIS, 208-821-9329
- 2 - MY AUNT: MARY WELLS, 208-821-4378

## SUPPORTS THAT HELP ME

- A LIST HELPS KEEP ME ON TRACK.
- GIVE ME INSTRUCTIONS ONE AT A TIME
- MY DOG KATY KEEPS ME CALMER

# READY? SET? GOALS!

## GOING ON AN IDAHO RAFTING TRIP!



It seems like people talk about goals at school, work, in therapy and now here in this guide. Why are they so important? Putting your thoughts and goals down on paper, helps to activate new behaviors by bringing focus to your intentions, efforts and accomplishments. Writing down your goals can be a great way to track the things you want to do, identify ways to accomplish those things, understand how you can respond to challenges and celebrate your success.

On the next two pages, you will find an activity that will help you with the goal setting process. *Have fun and enjoy the ride!*

### 1 PREPARING

Just like you need to prepare before you go rafting, you also need to prepare when creating your goals.

**Your First Step** is to decide what you want your goal to be.

**List your goal(s) here:**

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**Your Second Step** is to decide whether you want the goal(s) to happen in the short-term (within 6 months to a year) or long-term (more than a year from now).

**Write down the time frame in which you want to accomplish your goal(s):**

I plan to complete my goal(s) by: \_\_\_\_\_

# READY? SET? GOALS! *(continued)*

## 2 CHALLENGES

With any plan that we make, there may be a hurdle that pops up to get in our way and takes us off of our intended path to reaching our destination.

**List some things that might get in the way of you reaching your goal(s) on time:**

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## 3 PROBLEM SOLVING

Now it's time to put your creative thinking cap on. Don't give up when things get frustrating or scary. Just like on the river when you see a rapid approaching you starting thinking, "What's after this?" How are you going to get around or through these hurdles so that you keep moving towards your goal? **List your ideas here:**

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## 4 MY SUPPORT

Who are the people in your life (or in your raft) that can support you, encourage you and help you with ideas so that you keep moving safely towards your goal? **List your support crew here:**

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## 5 MY MANTRA

Sometimes, it will take months or even years to reach your goal(s). This can seem like a long time. **What will you tell yourself (your own personal mantra or saying) each day so that you can accomplish each step you need in a positive way to reach your goal(s)?**

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## 6 MY SUCCESS!

You made it and have accomplished your goal(s). You may have encountered things that tried to get in your way and your route may have changed, however, you navigated the path safely with the help of your support team and your hard work. **Now it's time to celebrate with a smile!**

# GOING ON AN IDAHO RAFTING TRIP!

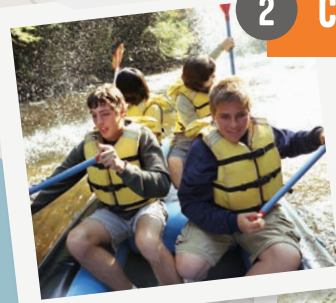
JUST LIKE YOU NEED TO PREPARE BEFORE YOU GO RAFTING, YOU ALSO NEED TO PREPARE WHEN CREATING YOUR GOALS.



EXCITED TO GET STARTED!



## 1 PREPARING



## 2 CHALLENGES



WHHEW... THIS IS HARD WORK!

## 3 PROBLEM SOLVING



I WILL KEEP GOING—I'M DOING GREAT!

## 5 MY MANTRA



## 4 MY SUPPORT



MY SCOUT, REBA



## 6 MY SUCCESS!



WOOHOO! I DID IT!!!

## WORDS TO KNOW AND UNDERSTAND

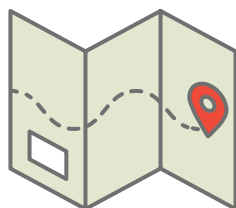


Here's a list of terms you have seen highlighted in **bold blue print** throughout the guide or that you may encounter in your transition process. We've provided some helpful definitions to make you feel more confident in understanding these terms.

- **Application** – Forms that you fill out.
- **Consequence** – The result of an action or choice you make.
- **Cost Effectiveness** – Comparing costs of services to the personal value to you of participating in services.
- **Early Periodic Screening, Diagnosis and Treatment (EPSTD)** – If you are under 21 years old and you need an outpatient behavioral health service that isn't normally covered for your age group, the EPSTD benefit can be requested (see page 16 for more information).
- **Estimating** – Taking an educated guess; often used to roughly calculate the value or cost of something.
- **Idaho Behavioral Health Plan (IBHP)** – Offers a variety of outpatient behavioral health services to Medicaid members in Idaho; including behavioral health services for children and adults, based on medical necessity.
- **Medicaid** – The United States' public health insurance program for people with lower income.
- **Optum Idaho** – A health care company managing the outpatient benefits for the Idaho Behavioral Health Plan (IBHP) for Idaho Medicaid members and the Idaho Department of Health and Welfare (IDHW).
- **Persistent** – Continuing to do something over a long period of time.
- **Prior Authorization** – The process a Provider goes through to ask for permission to provide a service to a patient.
- **Self Advocacy** – To stand up for yourself in a positive way so that you can explain to others what you need to be successful.
- **Transition-Aged Youth** – Teens who are between the ages of 17 year and 19 years old (these ages relate specifically to this Guide).
- **Treatment Team** – All of the people who work with you to help guide your success in life. Each team member has special skills and a unique role. YOU are the most important member of your treatment team.

## HELPFUL REFERENCES

- **Optum Idaho** – [optumidaho.com](https://optumidaho.com)
  - » Optum Idaho Member Access and Crisis Line is available 24/7 at **1-855-202-0973** or at TDD/TTY: **711**
- **Idaho Department of Health and Welfare (IDHW)** – [healthandwelfare.idaho.gov](https://healthandwelfare.idaho.gov)
  - » IDHW “About Us” – <https://dhwblog.com/about-the-idaho-department-of-health-and-welfare/>
  - » IDHW Services and Programs – <https://healthandwelfare.idaho.gov/services-programs/medicaid-health/about-medicaid-adults>
  - » IDHW “Contact Us” page – <https://healthandwelfare.idaho.gov/contact-us>
  - » IDHW Offices page – <https://healthandwelfare.idaho.gov/offices>
  - » Medicaid application – <https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?id=3174&dbid=0&repo=PUBLIC-DOCUMENTS&cr=1>
- **Idalink** – To view your Medicaid benefits, register and/or login at [idalink.idaho.gov](https://idalink.idaho.gov)
- **Idaho Careline** – By phone by dialing **211** or online at <https://211-idaho.communityos.org/aboutus>
- **Provider List in Your Area** – <https://www.liveandworkwell.com/content/en/public.html>
- **Idaho Medicaid Offices** – Statewide number: **1-877-456-1233**
- **Idaho Medicaid Health Plan Booklet** – <https://healthandwelfare.idaho.gov/sites/default/files/2020-08/Idaho%20Health%20Plan%20English.pdf>



**YOU HAVE THE INFORMATION YOU NEED TO TRANSITION  
TO ADULT MEDICAID BEHAVIORAL HEALTH SERVICES!**



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You can request additional print copies of the Optum Idaho Transition-Aged Youth Guide by emailing Optum Idaho at [Optum.Idaho.Education@optum.com](mailto:Optum.Idaho.Education@optum.com), or you can download a digital version of the brochure or the separate activity worksheets at [optumidaho.com](https://www.optumidaho.com).

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