

Alpine County Behavioral Health Services

Medi-Cal Services for Children and Young Adults (under 21 years old)

EARLY AND PERIODIC SCREENING, DIAGNOSTIC, AND TREATMENT (EPSDT)



Children's Mental Health Services

Clinics located in Markleeville and Bear Valley

24 hours Crisis Line: 1-800-318-8212

TDD: 711

Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) Mental Health Services

This notice is for children and young people who qualify for Medi-Cal EPSDT services because they are under the age of 21 years. This notice is also for caregivers or guardians of children and young people who may qualify for EPSDT services. It explains that Medi-Cal mental health services called Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) are available from Alpine County Behavioral Health Services (ACBHS).

What are Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) Mental Health Services?

EPSDT services are extra Medi-Cal services that you can receive in addition to other Medi-Cal services. EPSDT services improve medical and mental health problems that your doctor or other health care provider finds, even if the problem will not go away entirely. These problems may include sadness, nervousness, or anger that makes your life difficult. **You must be under the age of 21 years and have full-scope Medi-Cal to receive these services.**

What types of services are included in the EPSDT program?

Some of the services that you can get from ACBHS:

- Individual, group, and family therapy
- Crisis counseling
- Case management
- Special day programs
- Medications for your mental health
- Mental health services to treat alcohol and drug problems

- Therapeutic Behavioral Services (TBS)
- Intensive Care Coordination (ICC)
- In Home Based Services (IHBS)

You might be able to get these services in your home or in the community. In most cases, ACBHS and your doctor or provider will decide if the services that you want are medically necessary. **ACBHS must approve your EPSDT services.**

What are Therapeutic Behavioral Services (TBS)?

TBS is a type of specialty mental health service available to you if you have severe emotional problems, live in a mental health placement (or are at risk of placement), or have been recently hospitalized for mental health problems (or are at risk of psychiatric hospitalization), and you are receiving other mental health services. You may be able to get TBS if you have full-scope Medi-Cal, are under 21 years old, and meet other requirements. Contact us for more information about TBS.

How can I get EPSDT services for my child or, if I am under the age of 21, how do I get EPSDT services for myself?

If you think you, or your child, may need EPSDT services, ask your doctor, psychologist, counselor, or social worker about EPSDT mental health services. For children/youth in foster care, ask the child's court-appointed attorney. You may also contact us directly.

Who decides whether or not I need EPSDT services, and where and when I can get it?

ACBHS decides if you need EPSDT mental health services, including TBS. An ACBHS staff person will meet with you, your family, caregiver, guardian, and/or others who are important in your life, and will make a Plan for all the mental health services that you need.

Determining if you need EPSDT mental health services may take one or two face-to-face meetings with a ACBHS staff person; sometimes additional meetings are needed. If ACBHS decides that you need EPSDT services, we will notify you.

What if ACBHS doesn't approve EPSDT services, but I disagree?

If ACBHS does not approve EPSDT mental health service, but you, your family, caregiver, or guardian disagree with our decision, you can file an **appeal** with ACBHS. Call our toll free number for more information and help; ask for the Problem Resolution Coordinator.

You may also call the State Mental Health Ombudsman Office at 1-800-896-4042; TTY: 1-800-896-2512; or email: mhombudsman@dhcs.ca.gov.

After exhausting the ACBHS appeal process, you may ask for a state fair hearing by calling 1-800-952-5253; 1-800-952-8349 (TDD).