

**I think the Behavioral Health Home might work for me.  
How do I get more information?**

- ◇ You can call MaineCare Member Services for a list of Behavioral Health Home providers at 1-855-714-2416. Call Center hours are from 7 a.m.-6 p.m. Monday-Friday
- ◇ Feel free to contact one of the Behavioral Health Homes to discuss the program with them. BHH locations can be found at: <http://www.maine.gov/dhhs/oms/vbp/health-homes/stageb.html>
- ◇ If you get case management now, the agency where you go may be a Behavioral Health Home. You can talk to your case manager about the service.



# MaineCare Behavioral Health Homes



Break Of Day, Inc  
343 Birch Point Road  
Wiscasset, ME 04578  
(207) 882-6594



Paul R. LePage, Governor Mary C. Mayhew, Commissioner

MaineCare Services  
11 State House Station  
242 State Street  
Augusta, ME 04333

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Behavioral Health Home providers  
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MaineCare Member Services  
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Call Center hours 7 am-6 pm  
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**Managing your  
Mental  
and  
Physical Health  
Needs**

## Why is MaineCare offering this service?

Adults with mental illness often have physical health issues they need help with such as diabetes, heart disease, and lung disease.

This service can help you:

- ◇ Be healthier
- ◇ Avoid going to the Emergency Room or hospital
- ◇ Get the services and supports you need to manage your mental and physical health issues



### The Behavioral Health Home Can:

- ◇ Help you make an individual plan that includes your mental health and physical health strengths, needs, and goals
- ◇ Help you and your doctor work together
- ◇ Help you get the services and supports you need
- ◇ Help you with referrals
- ◇ Help you get services if you are coming home from the hospital or residential facility
- ◇ Help give you information about your care

## A team of providers working to keep you healthy!



### How are Behavioral Health Home services different from my current case management services?

- ◇ It is a **team approach**. Your case manager works with you, a nurse, a clinical team leader, and a peer support specialist.
- ◇ It is a **whole person approach**. It can help you reach your mental and physical health goals.
- ◇ It is **integrated**. Your Behavioral Health Home team and your primary care provider work together to help you improve your health.
- ◇ It includes **consumer and family supports and education**. You can get information and support when you need it.