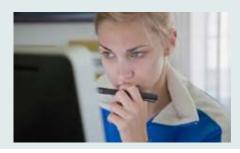
#### I think the Behavioral Health Home might work for me. How do I get more information?

- 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: <a href="http://www.maine.gov/dhhs/oms/vbp/health-homes/stageb.html">http://www.maine.gov/dhhs/oms/vbp/health-homes/stageb.html</a>
- 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.



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

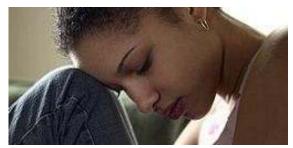


MaineCare Services

I I State House Station
242 State Street
Augusta, ME 04333

For a list of
Behavioral Health Home providers
Contact
MaineCare Member Services
1-855-714-2416
Call Center hours 7 am-6 pm
Monday-Friday

# MaineCare Behavioral Health Homes





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.