

# Behavioral Health for Whole Person Care



nh healthy families™

An integrated and comprehensive approach to complex issues



## OUR BEHAVIORAL HEALTH SUPPORT PROGRAMS



### Screening, Brief Intervention, and Referral to Treatment (SBIRT)

NH Healthy Families has developed an SBIRT training program for medical providers to help them screen, identify, educate and refer patients to treatment. This initiative supports providers to assist members for prevention and early intervention. SBIRT is a service that is reimbursable for physicians who participate.



### Ready for My Recovery (R4R)

The Ready for My Recovery (R4R) program provides members access to substance use disorder services. It offers care management, resources and dollar rewards\* for NH Healthy Families members who are committed to entering a substance misuse recovery program. Becoming part of R4R is easy for our members. Learn more at [nhhealthyfamilies.com/members/medicaid/resources/handbooks-forms.html](https://nhhealthyfamilies.com/members/medicaid/resources/handbooks-forms.html) and you'll find the brochure PDF under **Programs and Services**.




### Mental Health (MH) Champion

A Mental Health (MH) Champion is any person or organization that raises awareness for mental health, reduces stigma, and provides support and hope to those in need. Many people have experienced mental health challenges or have family or friends who have. By becoming a MH Champion members can empower and encourage others to talk openly about mental health. Any member aged 12 to 20 can take the NH Healthy Families pledge to become a MH Champion and will receive a free MH Champion T-Shirt. After taking the pledge any member aged 12 to 20 can also earn up to \$50 in My Health Pays® rewards\* by participating in qualifying MH related training, programs or activities and submitting the attestation form.



### I'm Ready Campaign

I'm Ready takes the perspectives of individuals of all ages who are ready to confront behavioral health issues, as well as the individuals and communities who support them. It's about reducing stigma, expanding access and being an advocate. We also partner with the national Stamp Out Stigma  campaign.



### Certified Recovery Support Worker (CRSW) Workforce Development Project

NH Healthy Families has partnered with several New Hampshire providers to sponsor training for individuals who are committed to working with people in early recovery. The Certified Recovery Support Worker (CRSW) Workforce Development Project will build and enhance recovery services workforce capacity throughout the state. The partnership will serve to provide training, professional mentoring and ongoing resource support for up to one year.



### Smoking Cessation Program

This program consists of 6 monthly telephonic outreach coaching sessions conducted by a Registered Respiratory Therapy Health Coach. The sessions provide education, resources, free pharmacological and evidence based support to help members achieve their goals of tobacco cessation. The program also addresses smokeless tobacco and vaping use especially important to our younger members. Members 12 and older who complete the program will receive dollar rewards\*. Members who are interested call NH Healthy Families Member Services and request enrollment into the program. A Member Connections Representative will outreach to that member and begin the process.

[Behavioral Health Programs, Continued](#) ➔

## BEHAVIORAL HEALTH PROGRAMS, CONTINUED

NH Healthy Families encourages utilizing evidence based practices and provides care management to assist Members in connecting to community resources:

- **Zero Suicide**
  - NH Healthy Families partners with Zero Suicide Institute to implement Zero Suicide framework both internally and externally with the foundational belief that suicide is preventable.
  - Reducing stigma associated with suicide, suicide care and mental health.
  - Demonstrates NHHF commitment to reducing suicide deaths in New Hampshire.
- **First Episode Psychosis and Early Serious Mental Illness**
- **Dialectical Behavior Therapy (DBT)**
- **Child Parent Psychotherapy (CPP)**

For more information about any of the treatment types above, please visit [nhhealthyfamilies.com/providers/resources/Provider-Behavioral-Health-Resources.html](https://nhhealthyfamilies.com/providers/resources/Provider-Behavioral-Health-Resources.html).

### Behavioral Health Provider Training

Our clinical training program is designed to enhance the knowledge, skills and performance of healthcare professionals who empower our members to make positive health behavior changes. We offer many courses to support continuing education for providers, enhance integrated care, and expand use of best practices. Participants can receive continuing education, for some classes, and receive certificates of attendance related to certain licensing requirements. For more information or to register visit [nhhealthyfamilies.com/providers/resources/Provider-Behavioral-Health-Resources.html](https://nhhealthyfamilies.com/providers/resources/Provider-Behavioral-Health-Resources.html) under the **Behavioral Health Training** drop-down.

### Past Implementation Successes

The following programs are examples of fully implemented initiatives that have become part of ongoing operations at NH Healthy Families.

- **Access to Medication-Assisted Therapies**
- **Provider Prescribing Limits**
- **Opioid Awareness Provider Outreach and Education**
- **Community Resource Initiative**
- **Special Investigative Unit (SIU) Initiative**

## ONGOING PROGRAMS

### MemberConnections®

Community-based, trained staff work in the field to meet members wherever they are. Member Connections Representatives engage members to access the care they need when they need it. One way is with our Housing Coordinators who are here to help support members with housing needs and work with multiple organizations and agencies in helping to secure housing for those that are homeless or at risk for becoming homeless.

### Pharmacy Lock-In

Members with a significant number of controlled substance prescription fills over a three-month period are assessed for multiple prescribers and/or multiple pharmacies used to fill prescriptions. If the behavior indicates a risk of abuse, the member is required to “lock-in” with only one pharmacy.

NH Healthy Families is committed to partnering with our providers and the community to prevent, treat, and support our members dealing with behavioral health issues. We will continue to evolve our programs to address the ongoing needs of our members and our community.

For more information please contact:

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