

Behavioral Health *for the Whole Family*

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An integrated and
comprehensive
approach to
complex needs.



nh healthy families™

FOR MEMBERS



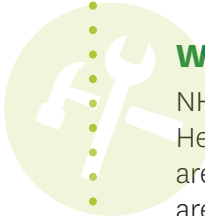
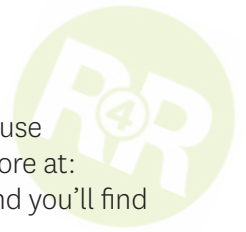


Behavioral Health *for the Whole Family*

NH Healthy Families offers you, our members, programs to support behavioral health wellness. We continue to evolve our programs to address the current needs of our community. Our mission at NH Healthy Families is to *transform the health of the communities we serve, one person at a time.*

READY FOR MY RECOVERY (R4R)

R4R is a program for members seeking rewards for engagement in their substance misuse treatment and recovery activities. Members can earn rewards* once enrolled. Learn more at: nhhealthyfamilies.com/members/medicaid/resources/handbooks-forms.html and you'll find the brochure PDF under **Programs and Services**.



WORKFORCE OUTFITTING PROJECT

NH Healthy Families supports wellness through work engagement. A fund was established by NH Healthy Families to be administered through peer recovery centers. Candidates in recovery who are seeking employment can apply for dollars through their affiliated agency. (Some examples are: clothing, footwear, transportation equipment such as bicycles, helmets, bicycle locks, license reinstatement fees, social security card replacement fees).

SUICIDE PREVENTION FEATURING STRONG YOUTH STRONG COMMUNITIES (SYSC)

Strong Youth, Strong Communities (SYSC) is a nationwide initiative designed to support the healthy development of youth and to assist youth-serving organizations. The SYSC events bring together a diverse group of partners to address challenges confronting middle and high school students. This partnership further enhances NH Healthy Families' commitment to empowering youth and creating stronger, healthier communities.



More Programs

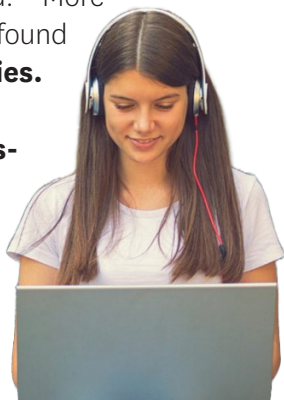


CERTIFIED RECOVERY SUPPORT WORKER (CRSW) WORKFORCE DEVELOPMENT PROJECT

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.

MENTAL HEALTH (MH) C.H.A.M.P.

A MH C.H.A.M.P. is someone who takes action to raise awareness of mental health and challenge stigma. They are committed to promoting good mental health and helping others to do the same. Any action, big or small, that a MH C.H.A.M.P. takes to address and support mental health - helps to end stigma and raise awareness. Get started by completing an online application indicating which of the C.H.A.M.P. action(s) you are taking. Your application will be reviewed and if approved, you will receive a \$20* My Health Pays® reward.** More information can be found at nhhealthyfamilies.com/members/medicaid/benefits-services/mental-health-champion.html.



Get Rewarded for Focusing on Your Behavioral Health

Take charge of your health and be a Health Hero! Having a Primary Care Provider (PCP) is one of the most important health care decisions you can make. Many of the My Health Pays® rewards* you can earn happen regularly at your wellness visits with your PCP. You can then use those rewards to help pay your rent, cell phone bill, transportation and more! Learn more at nhhealthyfamilies.com/members/medicaid/benefits-services/healthy-rewards-program.html



FOR YOUTH (AGES 12-20)

Mental Health C.H.A.M.P. - \$20*

FOR YOUTH (AGES 12 AND UP) AND ADULTS

Ready for my Recovery Program - \$115 in the first year

- \$25 - One month of continuous engagement in one billable recovery service
- \$30 - Six months of continuous engagement in two or more billable services
- \$30 - One year of continuous engagement in two or more billable services
- \$30 - My Recovery Journey Backpack including backpack, water bottle, self-care kit, journal, pen, and Behavioral Health information and resources



Tobacco Cessation Program - \$20

Cigarettes, Smokeless Tobacco or Vaping Cessation (Must complete 6 health coaching sessions)

Your My Health Pays® reward dollars are added to your rewards card after we process the claim for each activity you complete. If you are earning your first reward, your My Health Pays® Visa® Prepaid Card will be mailed to you.

This card is issued by The Bancorp Bank, N.A., Member FDIC, pursuant to a license from Visa U.S.A. Inc. Card cannot be used everywhere Visa debit cards are accepted. See Cardholder Agreement for complete usage restrictions.

• **AS A VALUED MEMBER, WE'RE READY TO HELP:**
• **1-866-769-3085 • TDD/TTY: 1-855-742-0123 • [NHhealthyfamilies.com](https://nhhealthyfamilies.com)**

*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services through June 30 each year.

**For NH Healthy Families members only. All applications will be reviewed by BH clinical team and submission of application does not guarantee reward will be earned.

Where to go

for Behavioral Health Care:

PRIMARY CARE PHYSICIAN (PCP) OR BEHAVIORAL HEALTH PROVIDER

Call the office to schedule an appointment if you need to be seen, but you don't need immediate care.

If you need help finding a PCP or Behavioral Health Provider for you or a loved one, contact Member Services: **1-866-769-3085**.

EMERGENCY SERVICES

1-866-769-3085 (and follow prompt for Behavioral Health needs)

This line will connect you to an on-call clinician to support you or connect you to your local behavioral health emergency services including telehealth services.

988 SUICIDE & CRISIS LIFELINE

Call, text or chat **988**.

YOUR LOCAL DOORWAY

For substance misuse needs: Call **211** to be directed to help.

NH RAPID RESPONSE

Call/Text **1-833-710-6477**. The NH Rapid Response Access Point (NHRRAP) is a 24 hour service for any child, youth, or family in crisis.

They have people who can talk with you or come to see you in person. Learn more about Rapid Response Access Point at **nh988.com**. There are so many things that people may need help with, just reach out and the New Hampshire Rapid Response Access Point will work to guide you.



**A STRONGER YOU.
A STRONGER NEW HAMPSHIRE.**

CHILDREN'S BEHAVIORAL HEALTH RESOURCE CENTER

A State of NH online resource for information and access to services for youth.

childrensbehavioralhealthresources.nh.gov

EMERGENCY ROOM (ER)

Consider all of your options before going to the ER. Visit the ER for LIFE-THREATENING injuries or illnesses.



nh healthy families[™]

2 Executive Park Drive • Bedford, NH 03110

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