



Lake County Behavioral Health – Mental Health Services Medi-Cal Services for Children and Young Adults Early and Periodic Screening, Diagnostic, and Treatment

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 Lake County Behavioral Health (LCBH).

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 LCBH include:

- 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)

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

LCBH decides if you need EPSDT mental health services, including TBS. An LCBH 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 an LCBH staff person; sometimes additional meetings are needed. If we decide that you need EPSDT services, we will notify you.

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

If we do not approve EPSDT mental health services, but you, your family, caregiver, or guardian disagree with our decision, you can file an **appeal** with LCBH. Call us for more information and help; ask for the Patient's Rights Advocate.

You may also call the State Mental Health Ombudsman Office at 1-888-452-8609 or 1-800-896-4042; or by email: MMCDOmbudsmanOffice@dhcs.ca.gov.

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



**Lake County Behavioral Health
Mental Health Services and
Substance Abuse Program**

6302 Thirteenth Ave.
Lucerne, CA 95458
Phone: (707) 274-9101
Fax: (707) 274-9192
TTY: 711

7000-B South Center Dr.
Clearlake, CA 95422
Phone: (707) 994-7090
Fax: (707) 994-7092
Fax: (707) 994-7164
TTY: 711

**Toll-Free 24-Hour Crisis Services
1-800-900-2075 or 1-855-587-6373**

Office Hours
8:00 am-5:00 pm, Monday – Friday

Patients' Rights Advocate
(707) 501-3298