

ACCESSING MENTAL HEALTH SERVICES AFTER AGING-OUT OF FOSTER CARE

FIND OUT WHAT YOUR INSURANCE IS:

Most youth aging-out of foster care in DC will continue to receive free medical insurance through either Medicaid or DC Healthcare Alliance. Specifically, youth who are disabled, pregnant or have children may be eligible to continue to receive Medicaid, including coverage for some mental health services. Youth under a certain income level are eligible to receive medical insurance after aging-out through DC Healthcare Alliance, although it does not cover mental health services.

MEDICAID CONTACTS:

If you're in a [Medicaid Managed Care Organization \(MCO\)](#) (Chartered or Unison), contact the MCO for a list of providers.

If you have [Fee-for-Service Medicaid](#), you can access a list of providers that accepts Medicaid at www.dc-medicaid.com. Under "recipient" select "search for provider." (Applies to people with disabilities and those who are over 65.)

NO INSURANCE OR INSURANCE DOESN'T COVER MENTAL HEALTH (DC Healthcare Alliance holders)?

Contact the Department of Mental Health's Access Helpline at 1-888-793-4357 for referrals to certified mental health care providers.

DC HEALTHCARE ALLIANCE:

To QUALIFY: 1) DC resident; 2) 200% of or below federal poverty guidelines; and 3) no citizenship requirement. APPLY at any IMA service center. SERVICES COVERED: inpatient/outpatient hospital-based services, prescription drugs, preventative care, immunizations, prenatal care, urgent and emergency care.

APPLYING FOR MEDICAID

Youth aging-out of foster care must apply for Medicaid before aging-out in order to continue receiving Medicaid after their emancipation, if eligible.

APPLY IN PERSON (*Recommended*):

Go to an Income Maintenance Administration (IMA) service center. Locations include:

- 2100 Martin Luther King Ave. SE (Anacostia)
- 4001 South Capitol St. SW (Congress Heights)
- 3851 Alabama Ave. SE (Fort Davis)
- 645 H St. NE (H Street)
- 1207 Taylor St. NW (Taylor Street)

IMA Main phone: 202-724-5506 or 202-727-5355

APPLY BY MAIL: Pick up an application at CVS, Rite-Aid Pharmacy, a grocery store, a library, or an IMA service center

DOCUMENTS REQUIRED FOR APPLICATION:

- [Proof of Income](#) (*e.g.*, recent paystubs, statement showing disability income, workers compensation, pension statements)
- [Proof of Assets](#) (*e.g.*, recent bank and checking account statements)
- [Proof of DC Residency](#) (*e.g.*, DC driver's license, lease, rent receipt, written statement from landlord, utility bill, telephone bill)
- [Social Security Number](#) (*e.g.*, Actual card, tax/payroll document with SSN on it; DC Driver's license with SSN on it, etc.)
- [Medical exam report](#) (only required if you are blind or disabled)
- [Immigration material if applicable](#) (*e.g.*, employment authorization, I-94, visa)

MENTAL HEALTH SERVICES: RESOURCES AFTER AGING-OUT OF FOSTER CARE



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FREQUENTLY ASKED QUESTIONS

Is there one place I can call to get services?

The Department of Mental Health's (DMH) Access Helpline is the main number that will connect you with certified mental health care providers. Call 1-888-793-4357.

What is a core service agency (CSA)?

CSAs are community-based organizations that work with insurance companies to provide mental health services for DC residents. Your CSA is your one-stop provider for mental health services. You can get connected with a CSA by calling DMH's Access Helpline. Call 1-888-793-4357.

Where do I go to get my medications?

If you have insurance, go to your mental health provider and get a refill on your prescription. If you do not have insurance, see below.

Is there any place I can get help if I don't have insurance?

Call DMH's Access Helpline at 1-888-793-4357. Whitman Walker Clinic also provides mental health services for people living with HIV/AIDS and the LGBT community, and can be contacted at 202-939-7690 or 202-745-7000 (press option 1 and then #4). Green Door offers low cost and free services to people without health insurance, and can be contacted at 202-464-9200.

Where do I get grief counseling?

If you are already connected with a core service agency, ask your case manager for a counselor that specializes in grief counseling. The Wendt Center also provides grief counseling on a sliding payment scale. Call 202-624-0010.

Where can I call if I want to speak with someone about sexual abuse or rape?

The DC Rape Crisis Center provides free services to survivors of sexual assault, abuse, or rape. Call 202-333-7273 (RAPE).

MORE FREQUENTLY ASKED QUESTIONS

Are there any special services available for me if I have an intellectual disability?

The Department of Disability Services (DDS) provides mental health services for people who are diagnosed with mental retardation (MR). If you think that you may be eligible for services, call DDS at 202-730-1700. Also, speak with your social worker immediately before you turn 18 because he/she can help you with the application process and to figure out if you are eligible to receive services from DDS.

Where can I call if I'm having an emergency?

ChAMPS mobile crisis team is available 24 hours a day for mental health emergencies. Call 202-673-9300 or 202-481-1450. If you already have a core service agency, the agency may have a 24 hour "on-call system."

WHAT IF I LIVE IN MARYLAND?

MARYLAND HEALTH INSURANCE:

- Primary Adult Care Program (PAC)
 - Must be over age 19
 - Must have proof of MD residency and US citizenship
 - Must meet income and asset guidelines
 - If eligible, select a Managed Care Organization for free primary healthcare, free in-office mental health services through a counselor or psychiatrist, limited lab and diagnostic services and substance abuse services.
 - PAC does not pay for hospital stays, ER visits or special care.
 - To apply, call 1-800-226-2142 and ask for a PAC application form.
- Medicaid
 - Offered to people who are categorically eligible or medically needy, or who receive Supplemental Security Income (SSI), or Temporary Cash Assistance.
 - To apply, go to the local Department of Social Services in the city or county where you live.

MEDICAID

What is Medicaid?

A federal and state program providing medical care for low income people with disabilities, the elderly, pregnant women and parents and children.

Am I eligible for Medicaid?

You may be eligible for Medicaid if:

- You receive TANF (Temporary Assistance for Needy Families— financial assistance provided to children and their families to pay for basic living needs)
- You receive SSI (Supplemental Security Income – financial assistance to help disabled individuals with basic living needs)
- You are medically disabled with low income. (You must be disabled according to the SSI definition of disability and your income must be below 100% of poverty guidelines. You may be considered "disabled" and then automatically eligible for Medicaid if you have a mental health diagnosis or a cognitive impairment.)
- You are low-income and also pregnant or the parent of a child under 19
- You are a low-income adult (133% of the federal poverty guidelines)

How do I apply for Medicaid?

The Income Maintenance Administration (IMA) has a single application for medical assistance, food stamps and cash assistance (called the "Combined Application for Medical Assistance, Food Stamps and Cash Assistance"). If you are applying for Medicaid only, there is a different form called a "Healthy Families Application." See "[Applying for Medicaid](#)" on the back for more details.