

# Montana Health Care Programs MESSENGER

## COVID-19 and Children's Mental Health

COVID-19 has created challenging times for everyone, including children. During these times it is important to take care of your mental health. We would like to remind you that children have 24 outpatient mental health therapy sessions available. More visits are available when medically necessary. Other mental health services are also available when medically necessary. If you have questions about mental health services available for your child, please call 406-444-4545 or [visit our website](#).

## Tools for Parents During COVID-19



### Tips for those parenting 5–10-year-old children:

- [Homework](#)
- [Routines](#)
- [Discipline](#)
- [Chores](#)
- [Stress](#)
- [Meltdowns](#)

### Tips for those parenting 11–14-year-old children:

- [Homework](#)
- [Routines](#)
- [Discipline](#)
- [Chores](#)
- [Stress](#)



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## Medicare Special Needs Plans

Medicare Special Needs Plans (SNPs) are a type of Medicare Advantage Plan. Medicare SNPs limit membership to people with specific diseases or circumstances. Medicare SNPs tailor their benefits, provider choices, and drugs they cover to best meet the specific needs of the groups they serve. A person eligible for both Medicare and Medicaid may be eligible for a

## Tips for those parenting 15–19-year-old children:

- [Homework](#)
- [Routines](#)
- [Discipline](#)
- [Chores](#)
- [Stress](#)

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## These are Scary Times

**The Department of Public Health and Human Services has worked with county health departments and other helping agencies to help you during this pandemic.**

- If you just need someone to talk to, you can call the Montana Warm Line at 1-877-688-3377.
- Having a mental health or addiction issue? You can get information by visiting the [AMDD website](#).
- Worried about COVID-19 in Montana and don't know where to get updated facts about COVID in Montana? Visit the [Montana COVID-19 website](#).
- [The Montana Crisis and Emergency Resource Guide](#) has a lot of helpful information.
- The Montana Crisis Recovery Program is giving free help and support from counselors trained to respond to disaster situations, such as the COVID-19 pandemic. You can visit [Montana Crisis Recovery](#) or call 1-877-503-0833 Monday through Friday, 10 a.m. to 10 p.m.

### **Here are some more helpful places you can go to for help:**

- Montana Suicide Prevention Lifeline at 1-800-273-8255
- Text MT to 741-741 for the Crisis Text Line
- National Domestic Violence Hotline at 1-800-787-3224
- The Gay, Lesbian, Bisexual and Transgender (GLBT) National Hotline at 1-888-843-4564
- The GLBT National Youth up to 25 years old Talkline at 1-800-246-7743
- Trans Lifeline at 1-877-565-8860

## **Medicare Special Needs Plan** in Montana.

To learn more about the extra benefits of an SNP, contact the Montana State Health Insurance Assistance Program (SHIP) at 1-800-551-3191. SHIP provides impartial, no-cost Medicare information and support for all Medicare and Medicare/Medicaid members.



## **Ways to Stay Active**

We all have heard that physical activity is important for good health. This can be extra hard during a pandemic. The CDC suggests these ideas to help.

- Engage in active family play time. Any game that gets everyone up and moving counts
- Catch up on household chores such as cleaning out the closet. Vacuuming is also a physical activity.
- Get outside. Go for a walk or take a bike



## Travel Safely with Children

Motor vehicle crashes are the number one cause of death for Montana children. The best way to keep children safe in the car is to use the right seat, the right way. A correctly used and installed car seat can reduce the risk of injury in a car crash by 71 to 82 percent. But four out of five car seats are incorrectly used or installed.

To keep children safe while riding in the car, Montana has car seat fitting stations and child passenger safety programs located across the state. Certified Child Passenger Safety Technicians can teach you how to install and use car seats correctly. You can find a fitting station near you at [NHTSA.gov](http://NHTSA.gov).

If you need a car seat, contact your local health department or Erin Root at Montana Department of Transportation at [eroot@mt.gov](mailto:eroot@mt.gov) to learn more about resources in your area.

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## Easy Winter Soup Recipe

### Ingredients:

- ✓ 2 tablespoons olive oil
  - ✓ 1 small yellow onion, chopped
  - ✓ 2 small carrots, thinly sliced
  - ✓ 1 stalk celery, thinly sliced
  - ✓ 4 cloves garlic, minced
  - ✓ 1/2 teaspoon paprika
  - ✓ 2 cups low-sodium chicken broth
  - ✓ 2 cups of water
  - ✓ 2 (15-ounce) cans white beans, drained and rinsed
  - ✓ 2 cups leftover ham, shredded
  - ✓ Salt and pepper
- (cooking instructions in right hand column)

ride. Remember to maintain a safe distance between yourself and other active neighbors.

- Make television watching more active by doing jumping jacks or push-ups during the commercials.

The Centers for Disease Control and Prevention (CDC) has lots of information on [ways to stay physically active while social distancing](#).

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## (Winter Soup Cooking Instructions)

In a medium saucepan, heat oil over medium heat. Add onion and carrot and cook until onion is soft about 7 minutes.

Add celery & garlic, and cook, stirring, until garlic is fragrant, about 2 minutes more.

Add chicken broth, 2 cups of water, and beans; bring to a boil. Season with salt and pepper.

Reduce heat, and simmer until the soup has thickened slightly, about 20 minutes. Stir ham into soup, heat to simmer and season with salt and pepper.

Makes 4 to 6 servings.



## Quit Your Way with the Montana Tobacco Quit Line (1-866-485-7848)

**The Montana Tobacco Quit Line now offers free coaching through chat, text, and phone. We also offer more rewards for pregnant women, and we offer Chantix again!**

- **FREE Chantix Starting January 1, 2021 (While Supplies Last):** The Quit Line again offers free Chantix starting January 1, 2021 to Montanans who enroll and complete their first coaching call. While supplies last, participants can receive up to three months of Chantix with a doctor's prescription.
- **NEW Online Chat:** In addition to phone coaching, the Quit Line now offers coaching by online chat for all Montanans at [QuitNowMontana.com](http://QuitNowMontana.com). Those who enroll in online coaching are eligible for free NRT, free Chantix and reduced-cost Bupropion.
- **NEW Young Adult Program:** The Quit Line now offers coaching by text messaging to those between 18-24 years of age. To access the texting feature, young adults can text "start my quit" to 36072. The Montana Tobacco Quit Line continues to offer [My Life, My Quit](#) to those under the age of 18.
- **Quit Now Montana Pregnancy Program Increased Rewards:** The Quit Now Montana Pregnancy Program offers pregnant callers 9 free coaching sessions with a dedicated female coach, as well as \$20 for each completed coaching call while pregnant and \$30 for each completed coaching call post-partum.
- **American Indian Commercial Tobacco Quit Line Updated Features:** The American Indian Commercial Tobacco Quit Line has a new, easier-to-remember phone number, 1-855-5AI-QUIT, and a [brand new website](#).

## Key Contacts

### **Medicaid/HMK Plus Member Help Line**

For questions regarding benefits copayments, or Passport to Health:

**1-800-362-8312**

### **MT Healthcare Programs**

### **Nurse First Advice Line**

For questions when you are sick, hurt, or have health questions.

**1-800-330-7847**

### **MT NurseFirst**

### **Montana Relay Service**

For the deaf or hard of hearing.

**1-800-253-4091 or 711**

### **Montana Public Assistance Help Line**

For eligibility questions.

**1-888-706-1535**

### **MT Public Assistance**

### **Transportation Center**

For questions regarding travel or approval. **Call before you travel, or you may not be reimbursed.**

**1-800-292-7114.**