

# Montana Health Care Programs **MESSENGER**

## Children’s Mental Health and the Continuum of Care

Communities provide different types of treatment programs and services for children and teens with mental illnesses. The complete range of programs and services is referred to as the **continuum of care**. Not every community has every type of service or program on the continuum. Your health care provider may provide some of the services your child needs, or help you find a provider who can.

Parents with concerns about their child’s behavior or emotions should begin by getting the child evaluated by a qualified children’s mental health professional. This professional can recommend certain types of services or programs from the continuum. If your child is a Montana Medicaid member, some services may require prior approval from Medicaid. Your healthcare provider will submit this request, if needed. Many of the programs on the continuum offer a variety of different treatments, such as:

- Individual therapy;
- Family therapy;
- Group therapy; and
- Medications.

A brief description of the different services or programs in a continuum of care follows:

### **Office or outpatient clinic**

Visits are usually 30-60 minutes. The number of visits per month depends on the child’s needs.

### **Targeted case management**

Specially trained individuals coordinate referrals to psychiatric and medical services to help the child live successfully at home and in the community.

### **Home support services**

A team of specially trained staff work with caregivers to



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## **Montana Cancer Coalition**

The Montana Cancer Coalition is proud to announce two interactive maps developed to support Montanans affected by cancer in finding available resources in their areas. The Cancer Screening and Treatment Facilities map provides information on available Cancer Screening Sites, Community Health

develop a treatment program to help the child and family, often in the home.

### **Day treatment program**

This intensive treatment program provides psychiatric treatment in a specialized classroom. The child usually attends five days per week.

### **Partial hospitalization (day hospital)**

This provides all the treatment services of a psychiatric hospital, but the patients go home each evening.

### **Therapeutic group home**

This residential program can be more long-term and may be linked with a day treatment program or specialized educational program.

### **Psychiatric residential treatment facility**

Seriously disturbed patients receive intensive and comprehensive psychiatric treatment in a campus-like setting for stabilization.

### **Acute inpatient treatment**

Patients receive comprehensive psychiatric treatment in a hospital. This is a short stay when a youth requires stabilization.

Parents should ask questions when a professional recommends psychiatric treatment for their child or teen. For instance:

- Which types of treatment are provided, and by whom?
- Over what length of time?
- What are the advantages and disadvantages of the recommended service or program?

Parents should feel free to obtain a second opinion about the best type of program for their child.

*-Abbreviated and revised from an article from the American Academy of Child & Adolescent Psychiatry, March 2015, with our thanks to the author. Link to original article: [Continuum of Mental Health Care \(aacap.org\)](#)*

**Additionally, the Children’s Mental Health Bureau has Regional Resource Specialists dedicated to helping you navigate the services available through Medicaid. They are:**

**Theresa Holm**, (406) 444-2958, [THolm2@mt.gov](mailto:THolm2@mt.gov)  
Blaine, Big Horn, Broadwater, Carbon, Cascade, Choteau, Fergus, Gallatin, Glacier, Golden Valley, Hill, Jefferson, Judith Basin, Lewis & Clark, Liberty, Madison, Meagher, Musselshell, Park, Petroleum, Phillips, Pondera, Roosevelt, Rosebud, Silver Bow, Stillwater, Sweet Grass, Teton, Toole, and Wheatland.

**Trish Christensen**, (406) 329-1330, [Trish.Christensen@mt.gov](mailto:Trish.Christensen@mt.gov)  
Beaverhead, Carter, Custer, Daniels, Dawson, Deer Lodge, Fallon, Flathead, Garfield, Granite, Lake, Lincoln, McCone, Mineral, Missoula, Powder River, Powell, Prairie, Ravalli, Richland, Sanders, Sheridan, Treasure, Valley, Yellowstone, and Wibaux.

Centers, Family Planning Clinics, and Native American Health Services providing a variety of cancer care and can be sorted by specific services. The **Quality of Life Services** map provides resource information for both emotional and physical services available for those affected by cancer.

[Access the maps](#), or scan the QR code below:





Recognize your employer as a 2022 Montana **Mother-Friendly Worksite** that supports breastfeeding in 3 simple steps!

By meeting a few simple criteria, Montana worksites of any type or size can receive [Mother-Friendly Worksite](#) designation and be recognized in the community as being a family-friendly place to work and do business. [Contact](#) the Montana State Breastfeeding Coalition with questions.

This award acknowledges employers who have implemented breastfeeding friendly practices with just 3 simple steps.

1. Provide a private **space**, other than a bathroom, for a mother to express breastmilk.
2. **Time** (unpaid) for employee to express breastmilk.
3. Have a written breastfeeding support **policy** that includes time & space to pump.

***Join businesses and worksites around Montana to create family friendly workplaces in our communities.***

## Did You Know?

- Colorectal cancer incidence is increasing among younger Montanans (aged 44 and under) even while rates are decreasing among adults aged 65 or older.
- 5 types of cancer (liver, stomach, kidney, lung, and colorectal cancer) account for the higher cancer incidence and mortality seen among American Indian Montanans.
- Prostate cancer incidence has increased among Montana men since 2014 and the rate in Montana is significantly higher than in the U.S. overall.

Learn more about the cancer incidence and mortality trends in Montana in the [Montana Central Tumor Registry Annual Report](#) covering diagnosis years 2015 to 2019. If you have questions or comments about the report or any other cancer statistic contact cancer epidemiologist, Heather Zimmerman, 406-444-2732 or [hzimmerman@mt.gov](mailto:hzimmerman@mt.gov)

## Adverse Childhood Experiences (ACEs)

Healthy development is shaped by experiences and circumstances across generations and our environment, including where we live, learn, and play. We have a collective responsibility for the healthy development of our community's children. Learn more about promoting safe, stable, and nurturing relationships and environments for Montana's children by visiting the new [Adverse Childhood Experience and Resiliency website](#). Contact Anna Bradley for more information at [abradley@mt.gov](mailto:abradley@mt.gov).



## Key Contacts

### Medicaid/HMK Plus Member Help Line

For questions regarding benefits copayments, or Passport to Health:

**1-800-362-8312**

### [MT Healthcare Programs](#)

### 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.**