

Mental Health / Addictions

■ Addiction recovery

The Division of Mental Health and Addiction offers many services designed to aid with addiction recovery. These services are available for adults, youth, women who are pregnant, women with dependent children, people with problems at home or at work, and people with legal troubles. Services are available for people with limited or no resources.

What is an addiction?

Thousands of Hoosiers are deeply affected by addiction every day. Family, friends and coworkers may be heartbroken by this illness. Whether a person is addicted to alcohol, prescription medication, tobacco, marijuana, illegal drugs or gambling, the result is the same. People become less and less happy with more and more attempts to regain the artificial pleasure produced by the substance, thought or behavior. As a person continues to try to regain that initial experience, the chemicals trick the body into imitating naturally occurring brain processes that allow our minds and bodies to work. Addiction is actually caused by the human body's ability to adapt to the presence of these substances and still continue to function.

Addiction is NOT taking or doing anything. Addiction is the inability to stop and not start again despite consequences. Addiction may be the only illness, the result of another mental illness or co-occur with a mental illness. Regardless of cause and effect, people can and do recover, and regain lives of joy and purpose.

Recovery from addiction is the return of that ability to stop and stay stopped.

How does someone get help with an addiction?

Since the Division of Mental Health and Addiction programs and services are designed for all Hoosiers in need, and since each has various requirements and is for a variety of needs, the best way to begin is to call a confidential and free counselor to assist you in finding help at **800-662-4357**.

You may also find help in your area by going online to **www.in.gov/fssa/addiction** and clicking "Find Addiction Treatment in Indiana," **<https://findtreatment.samhsa.gov/>** or by calling 2-1-1.

■ Adult Mental Health Habilitation

Adult Mental Health Habilitation is a program designed to help Hoosiers with serious mental illness maintain or sustain skills to live successfully in their communities.

What is Adult Mental Health Habilitation?

The Adult Mental Health Habilitation program is an option for consumers with long-term behavioral health needs who may benefit more from a habilitative approach to treatment rather than a traditional rehabilitative approach.



Habilitative services help people maintain or sustain their current level of functioning. Rehabilitative services help people regain a level of functioning that they once had but lost.

AMHH is designed for people who have attempted to regain a prior level of functioning and have been unsuccessful. AMHH services are designed to help these individuals maintain or sustain current functioning level in order to prevent further regression. AMHH is intended to help people acquire, retain and/or improve the self-help, socialization and adaptive skills necessary to reside successfully in a community setting.

What are Adult Mental Health Habilitation services?

The Adult Mental Health Habilitation program consists of eight services, which are similar to what consumers receive from their behavioral health providers:

- Adult day services
- Home- and community-based habilitation and support
- Respite care
- Therapy and behavioral support services
- Addiction counseling
- Supported community engagement services
- Care coordination
- Medication training and support


Individuals will work with their case manager to develop treatment goals and then choose from the array of services based on their individual needs to help meet specific behavioral health and community living goals. Individuals receive a predetermined amount of service units to fulfill the combination of these services for the period of time they are enrolled in the Adult Mental Health Habilitation program. This is also referred to as the “package period.”

What will change if I choose Adult Mental Health Habilitation?

The Adult Mental Health Habilitation program is a package of specialized services to help meet the habilitative goals of consumers with long-term behavioral health needs. The services are similar to other programs that offer skills training, therapy, medication support, case management and other services. However, they are specialized in their design to help individuals maintain and sustain their current level of functioning in an attempt to avoid a reduction in functioning level. AMHH services also provide training and support for family members, friends and other unpaid caregivers.

To be eligible, individuals must:

- Be at least 19 years of age
- Have an Adult Needs and Strengths Assessment of three or higher
- Be enrolled in an eligible Medicaid program
- Have a qualifying mental health diagnosis
- Live in a community-based setting



Individuals currently receiving services through a community mental health center can ask their provider for additional information. Individuals who are not currently involved with a CMHC but think they may qualify may contact their local community mental health center or call the Division of Mental Health and Addiction at **317-232-7800** or **amhhservices@fssa.in.gov**.

■ Behavioral and Primary Healthcare Coordination

The Behavioral and Primary Healthcare Coordination program consists of the coordination of services to manage the healthcare needs of eligible recipients. This includes logistical support, advocacy and linkage to assist individuals in navigating the health care system. It also incorporates activities that help recipients gain access to needed physical and behavioral health services.

How does someone qualify for Behavioral and Primary Healthcare Coordination services?

The Behavioral and Primary Healthcare Coordination program is intended to assist in the coordination of mental health and primary health needs of the individual. An individual may qualify for the BPHC program if the individual has an eligible BPHC diagnosis and needs help managing his or her health care. To be eligible for BPHC, applicants must be age 19 or older and have a monthly income no higher than 300% of the federal poverty level. If there are children or other qualifying dependents in the individual's household, an individual's income may be higher.

What are the income limits?

An individual must have countable income no higher than 300% of the federal poverty level. Determination of financial eligibility is conducted by the Division of Family Resources.

What are the asset/resource limits?

There are no asset/resource limits.

Where does someone go to apply for Behavioral and Primary Healthcare Coordination?

Interested individuals can apply for Behavioral and Primary Healthcare Coordination at any community mental health center that has been approved by the Division of Mental Health and Addiction.