

Pennsylvania HealthChoices

Member Newsletter

“Psychotropic medications” for children: what you need to know

“Psychotropic medications” are medicines used to treat behavioral health diagnoses. Making the decision to use these medicines for children and youth can be a hard decision to make.

Be part of the decision

Parents and other caregivers have a key role to play in the treatment of a child or youth living with a behavioral health diagnosis. You have a say in decisions about your child’s treatment. You and your child’s doctor should discuss the outcomes you want. You should make decisions together.

You may be unsure about the need for these medicines. They can be a part of someone’s successful treatment. But medications can have serious side effects. The side effects can be physical and emotional. Take your time to decide. Do not feel pressure to act quickly.

Talk to your child’s doctor. You are a key member of the team. Learn all you can about:

- Your child’s treatment plan.
- All treatment options.
- The outcomes you both want.

Asking questions is a good thing to do. This will help with your child’s treatment planning.

Here are some good questions to ask:

- Are these medications needed?
- What are the risks?
- What are the benefits?
- What are the side effects?
- Will my child benefit from therapy?

Call us at Member Services. We are here to help you.

THE CHALLENGE*

17 – 22%

Percentage of children with mental health disorders

31%

FDA-approved psychotropic medications are being used to treat children

1 in 5

Number of children receiving services from appropriately trained doctors

>75%

Percentage of “off-label” (unapproved) use of prescriptions for children’s mental health treatment

*Sources: APA Working Group on Psychoactive Medication for Children and Adolescents (2006). Report of the Working Group on Psychoactive Medications for Children and Adolescents. Psychopharmacological, psychosocial, and combined interventions for childhood disorder: Evidence base, contextual factors, and future directions. Washington, DC: American Psychological Association. Solchany J. Psychotropic Medication and Children in Foster Care: Tips for Advocates and Judges. Practice and Policy Brief, American Bar Association Center on Children and the Law. October 2011.

Upcoming MY LIFE meetings by county

Call to confirm meeting dates and locations. Or visit www.MagellanofPA.com and click on MY LIFE.

Bucks

Jan. 11, Feb. 8, Mar. 8, 5:30 – 7:30 p.m., Abington Health Center, Warminster. Contact Marissa Gates: 215-504-3966

Delaware

Jan. 9, Feb. 13, Mar. 13, 6:30 – 8 p.m., YMCA, Lansdowne. Contact Shawn Carroll: 215-504-3934.

Lehigh/Northampton

Jan. 12, Feb. 9, Mar. 9, 5 – 7 p.m., St. Paul's United Church of Christ, Allentown. Contact Michele Davis: 610-814-8006.

Montgomery

Jan. 10, Feb. 14, Mar. 14, 5 – 7 p.m., Norristown Public Library, Norristown. Contact Collette D'Angelo, 610-272-3042, ext. 318.

Coming Soon

MY LIFE in Cambria County.
Call Janna Burkett at
814-961-0687 to learn more.

Coming your way soon: Our new website!

We will soon launch a new website to replace the one that we have now. The website address will stay the same and the site will include the type of information that it always has. But it will be easier to find the information you need. It will also feature an attractive new look.



We will launch this new site in the first few months of 2018. When it goes live, please share your thoughts about it with us. You may email us at MBHofPA@MagellanHealth.com. We want to continue to improve the experience you have when you visit the site.

You can find our website at www.MagellanofPA.com.

ATTENTION Cambria County members

Community HealthChoices will start on January 1, 2018.

To learn more about this new program, visit www.dhs.pa.gov/citizens/communityhealthchoices or call Magellan's Member Services in Cambria County at 800-424-0485



How to report fraud, waste and abuse of the system:

Special Investigations Unit
Hotline: 1-800-755-0850

Corporate Compliance Hotline:
1-800-915-2108

Upcoming events & resource information by county

The resource phone lines are staffed 24 hours a day, seven days a week, or go to www.MagellanofPA.com.

Bucks

Community Support Programs—monthly meetings

Lower Bucks: Second Thursday, Penndel Mental Health Center, Penndel, 3 – 5 p.m. Contact Nancy Scheible, NScheible@PenndelMHC.org, 267-269-7882.

Central Bucks: First Wednesday, Lenape Valley Foundation, Doylestown, 11 a.m. – 12:30 p.m. Contact Phil Braun, Philip.Braun@LenapeVF.org, 215-893-5282.

Upper Bucks: Second Friday, Penn Foundation, Sellersville, 10:30 a.m. – noon. Contact A.J.Derro, DerroAJ444@gmail.com, 215-869-4722.

Cambria

Jan. 19: Mt. Aloysius College starts a Healing Arts program initiative as a community-based arts studio site open each Friday at the PEN Drop-In Center, 515 Somerset Street, Johnstown, 814-539-2724.

Resources

Member: 1-800-424-0485, TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Cambria County Reach Line: 877-268-9463
- Meadow's Psychiatric Center: 877-268-9463

Lehigh & Northampton

Lehigh Valley Community Support: Second Monday, NAMI, Bethlehem, 9:30 – 11 a.m. Contact Donna, NAMI PA Lehigh Valley, 610-882-2102.

Jan. 17: Member Advisory Workgroup at Change on Third Street, 117 3rd St., Easton, 1 – 3 p.m. Contact John Lees at 610-814-8025.

Lehigh Resources

Member: 1-866-238-2311, TTY: PA Relay 7-1-1

Emergency & Crisis Information: 610-782-3127

Northampton Resources

Member: 1-866-238-2312, TTY: PA Relay 7-1-1

Emergency & Crisis Information: 610-252-9060

Resources

Member: 1-877-769-9784, TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Lenape Valley Foundation, Bristol: 215-785-9765
- Lenape Valley Foundation, Doylestown: 215-345-2273
- Lenape Valley Adult Mobile Crisis: 215-785-9765
- Penn Foundation, Sellersville: 215-257-6551 (crisis services 7 a.m. – 11 p.m. daily)
- Access Child/Adolescent Mobile Crisis Services: 1-877-435-7709

Delaware

Youth Mental Health First Aid Training: Offered in Jan./Feb./Mar., Contact Christina Gordon, 610-713-2365 or www.delcohsa.org.

Resources

Member: 1-888-207-2911, TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Crisis Connections Team: 855-889-7827
- Crozer-Chester Medical Center, Upland: 610-447-7600
- Mercy Fitzgerald Hospital, Darby: 610-237-4000

Montgomery

Jan. 15: Martin Luther King, Jr. Day of Service for Youth (ages 10–14), spreading NAMI goodness through mission driven activities, 9 a.m. to noon, 100 West Main. St., Ste. 204, Lansdale. Space is limited. Call 215-261-7784 to register.

Resources

Member: 1-877-769-9782, TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Access Crisis Services: 1-855-634-HOPE (4673)
- Peer Support Talk Line: 1-855-715-8255
- Teen Talk Line: 1-866-825-5856 (talk) or 1-215-703-8411 (text)
- Montgomery County Emergency Services: 610-279-6100 or 1-800-452-4189

PA HealthChoices managed care physical health care plan contact information

| Bucks, Delaware & Montgomery Counties | Member Lines | For TTY Users | Special Needs Unit | Website |
|--|---------------------|----------------------|---------------------------|--|
| Aetna Better Health | 1-866-638-1232 | PA Relay 7-1-1 | 1-855-346-9828 | www.aetnabetterhealth.com |
| Health Partners | 1-800-553-0784 | PA Relay 7-1-1 | 215-967-4690 | www.healthpartners.com |
| Keystone First | 1-800-521-6860 | 1-800-684-5505 | 1-800-573-4100 | www.keystonefirstpa.com |
| UnitedHealthcare Community Plan | 1-800-414-9025 | PA Relay 7-1-1 | 1-877-844-8844 | www.uhccommunityplan.com |

| Cambria County | Member Lines | For TTY Users | Special Needs Unit | Website |
|----------------------------------|---------------------|----------------------|---------------------------|--|
| Aetna Better Health | 1-866-903-0748 | PA Relay 7-1-1 | 1-855-346-9828 | www.aetnabetterhealth.com |
| Gateway | 1-800-392-1147 | PA Relay 7-1-1 | 1-800-642-3550 | www.gatewayhealthplan.com |
| United Healthcare Community Plan | 1-800-414-9025 | PA Relay 7-1-1 | 1-877-844-8844 | www.uhccommunityplan.com |
| UPMC for You | 1-800-286-4242 | 1-800-361-2629 | 1-866-463-1462 | www.upmchealthplan.com |

| Lehigh & Northampton Counties | Member Lines | For TTY Users | Special Needs Unit | Website |
|--|---------------------|----------------------|---------------------------|--|
| Aetna Better Health | 1-866-638-1232 | PA Relay 7-1-1 | 1-855-346-9828 | www.aetnabetterhealth.com |
| AmeriHealth Caritas Pennsylvania | 1-888-991-7200 | 1-888-987-5704 | 1-888-991-7200 | www.amerihealthcaritaspa.com |
| Gateway | 1-800-392-1147 | PA Relay 7-1-1 | 1-800-392-1146 | www.gatewayhealthplan.com |
| UnitedHealthcare Community Plan | 1-800-414-9025 | PA Relay 7-1-1 | 1-877-844-8844 | www.uhccommunityplan.com |
| UPMC for You | 1-800-286-4242 | 1-800-361-2629 | 1-866-463-1462 | www.upmchealthplan.com |

HealthChoices Help Line: 1-800-440-3989 or www.enrollnow.net; Medicare primary information: www.benefitscheckup.org

Behavioral health awareness

JANUARY

National Birth Defects
Prevention Month

FEBRUARY

Teen Dating Violence
Awareness Month

MARCH

National Nutrition
Month