

Hello to all current and prospective CMMHC clients!

We are excited to announce that in September 2021, Central MN Mental Health Center will be a Certified Community Behavioral Health Clinic (CCBHC).

Below are some Q & A's to assist you in better understanding this transition.

Q: Is Central MN Mental Health Center (CMMHC) changing their name?

A: No, CMMHC will remain CMMHC. The CCBHC is a certification we will have.

Q: What do I need to do to be part of the CCBHC services at CMMHC?

A: All clients will be asked for some information at intake so we can make sure we are providing services that improve both physical and mental health. We use the data or information to see if what we are doing makes a difference, and if not, then we can make changes for the better.

Q: What are the changes CMMHC will make as a CCBHC?

A: CCBHC's focus on better service delivery, so improving the services we currently offer and making access easier are the main changes. CMMHC will also offer some new services, such as Medication Assisted Recovery (MAR), a Comprehensive Evaluation (DA), and Integrative Treatment planning for all clients.

Q: What is Integrated Treatment planning?

A: All of your CMMHC providers and any supports you want to include, will work collaboratively to create an integrative treatment plan with you. The plan is person-centered, which means we want to make sure your treatment goals are ones you want to work on. All your providers will share the same treatment plan.

Q: How will the above changes affect my current services I am receiving at CMMHC?

A: Your services will remain the same, but you may notice more deliberate coordination of your care with a focus on person-centered treatment. We also will be increasing our Certified Peer Specialist workforce to increase client access to receiving support from people with lived experience.

Q: Will I still be able to control how my care is coordinated with all my providers?

A: Within CMMHC providers coordinate care when seeing a common client. We will need a release to exchange information with any community providers you see, including primary care.

Q: What will the "coordination of care" look like?

A: At CMMHC we already coordinate your care, so if you are currently receiving services through us you might not notice much difference. You may be assigned a Targeted Case Manager (TCM) or a Care Navigator (CN) depending on what you qualify for and how many services you are receiving. The TCM or CN will be your team Lead and coordinate with your providers at CMMHC to ensure they are all on the same page in providing the best care possible.

Q: This sounds great, but will all this cost me more?

A: No, there will not be any extra costs. CMMHC will always bill insurance first. There is a sliding scale if your insurance does not cover everything. For example, private insurance does not cover some of our services. Under the CCBHC you will be able to access those services based on the sliding fee scale.

Please call the Waite Park office at 320-230-0611 and ask for the billing office for any questions about payments and insurance.

Please, feel free to ask questions and give us feedback so we can continue to make CMMHC a place where you receive quality care with competent staff who care about your health and wellness.



CCBHC

Q

&

A