

Magellan Healthcare Transition-Aged Youth Game Plan

Revised April, 2026

Magellan
HEALTHCARE®



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Did you know this guide features worksheets that can be viewed, downloaded and printed? Scan the QR code, or visit magellanofidaho.com/member-resources for more information.

Services in this game plan are current as of April 2026. See [Covered Services for Adults](#) on MagellanofIdaho.com for more service information.

Congratulatory letter

Hi there,

As you get closer to adulthood, big changes are ahead. Turning 18 is an important milestone, and we want to help you get ready. You've already come a long way, and that's something to be proud of.

This time of life can feel exciting, and sometimes a little uncertain. That's okay. What matters most is knowing you have people and tools to support you along the way.

Think of this stage like getting ready for a new sports season. You're the MVP of your life, and this guide is your game plan. **Magellan Healthcare** created this **Transition-Aged Youth** Game Plan to help you prepare for adulthood with confidence. It's packed with tips, tools and resources to help you:

- Get ready for adult responsibilities
- Build your support team
- Make smart moves toward your goals

Even if 18 feels far away, now is a great time to start planning. When you turn 18, your healthcare may change. Some doctors or programs only treat people under 18. Planning ahead can help you switch to adult services smoothly, so you don't lose the support you need.

You may also start thinking about college, a job, where to live, or how to manage money and transportation. There's no single right path. Everyone's journey looks different, and that's okay.

You don't have to figure it all out on your own. parents, guardians, counselors and other trusted adults can help. And we're here for you too.

With planning and support, you can move toward adulthood with confidence. We're proud to be part of your journey.

Sincerely,

The **Magellan Healthcare** Team



What does Transition-Aged Youth (TAY) mean?

You may see the term **Transition-Aged Youth** (or **TAY** for short) used in this guide. It means young people moving from their late teens into early adulthood.

Some programs may use different terms like “youth aging out” or “youth in transition,” we’ll use **Transition-Aged Youth (TAY)** to keep it simple.

What’s the game plan and how can it help you?

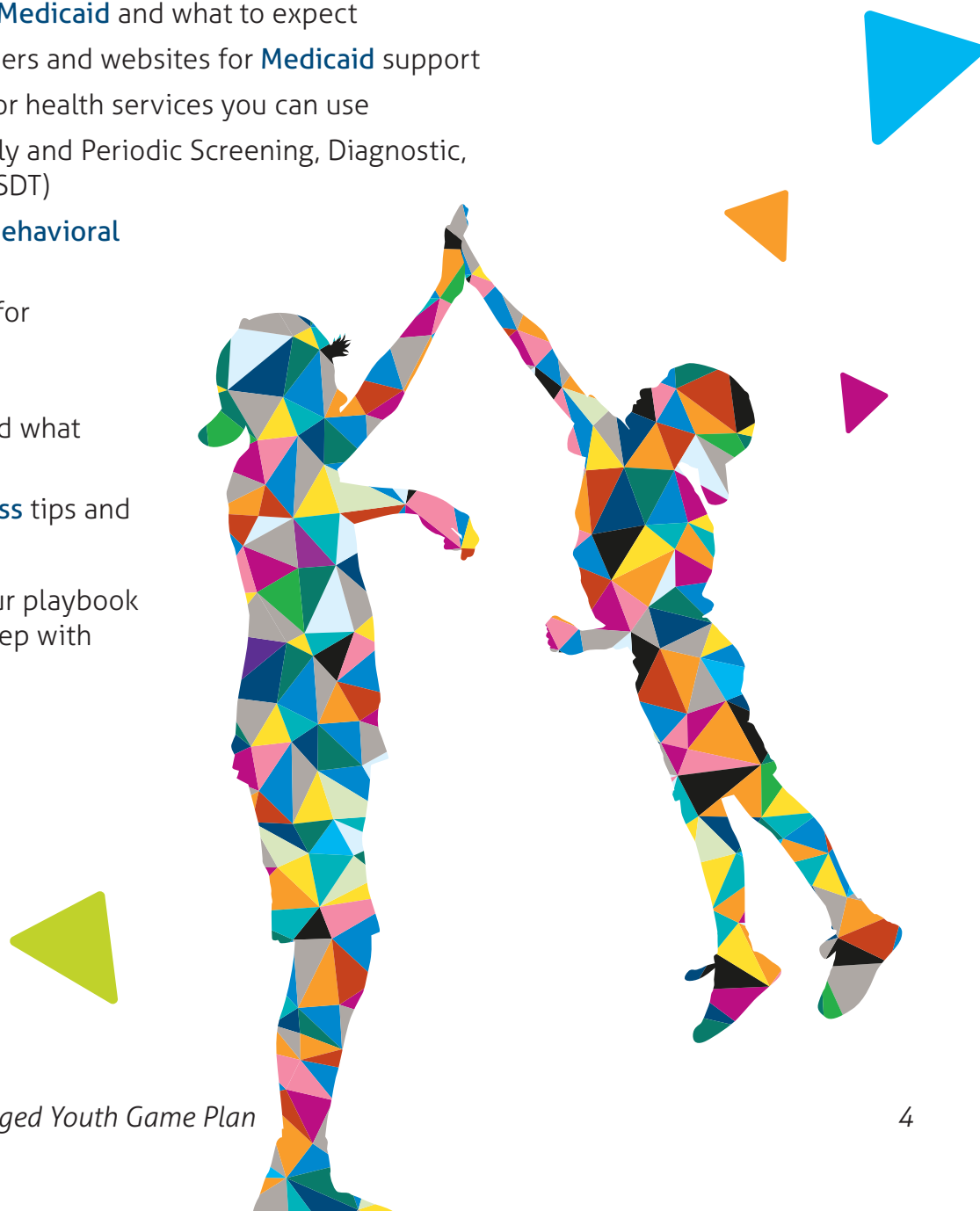
The **TAY** Game Plan is here to help you move from youth to adult **behavioral health** services with less stress and more support.

Turning 18 can bring changes, especially to your healthcare. This guide gives you tools and info to help you feel ready and confident about what’s next.

It’s made for you, your family, and the adults who support you. Inside, you’ll find:

- Steps to apply for **Medicaid** and what to expect
- Local phone numbers and websites for **Medicaid** support
- List of behavioral or health services you can use
- Explanation of Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)
- Tips for finding a **behavioral health** provider
- Ways to speak up for yourself and build confidence
- Common terms and what they mean
- Health and **wellness** tips and resources

This game plan is your playbook for taking the next step with support by your side.



What words should I know before I start?

In this game plan, some words appear in blue. These are important terms you may hear when using behavioral health services. Here's what they mean, so you feel more confident making decisions and getting support.

- **Application:** Form you fill out to get a service or join a program.
- **Benefits:** Help or services you get through Medicaid, like healthcare or therapy.
- **Behavioral health:** Your emotional, mental and social wellbeing. It includes how you think, feel and act, and how you handle stress, relationships and everyday life. Behavioral health also includes help for mental health conditions and substance use.
- **Covered services:** Services that Medicaid or a health plan will pay for if you qualify.
- **Crisis:** When you feel overwhelmed and need help right away to stay safe and manage your emotions, thoughts or actions.
- **Crisis and safety plan:** Written set of steps to help you stay safe during a crisis. It includes who to call and what to do.
- **Eligibility:** Meeting the rules needed to get a service or join a program.
- **Idaho Behavioral Health Plan (IBHP):** A program that pays for behavioral health and substance use services for Medicaid members and others who live in Idaho. It includes services for youth and adults.
- **Idaho Department of Health and Welfare (IDHW):** State agency that helps Idaho residents with healthcare, Medicaid, food assistance, behavioral health and other supports.
- **Magellan Healthcare:** Company that manages Medicaid and *non-Medicaid behavioral health services for the Idaho Behavioral Health Plan.
- **Medicaid:** A program that pays for healthcare if you qualify. It may cover doctor visits, hospital stays, medicine and more. Each state runs its own program.
- **Other State Funding:** Funding provided by the Idaho Department of Health and Welfare that is not Medicaid funding. A different eligibility screening is needed to determine if an individual qualifies.
- **Prior authorization:** When your healthcare provider asks your health plan for an okay before giving a service.
- **Stabilization:** Getting quick support during a behavioral health crisis to stay safe and feel more in control.
- **Transition-Aged Youth (TAY):** Young people (usually ages 16-21) who are moving from youth to adult services and becoming more independent.
- **Wellness:** Taking care of your whole self, including your mind, body, emotions, relationships, values, surroundings, money and goals. It's about finding balance in life so you can feel your best, handle challenges and move toward the future you want.

***Non-Medicaid**: This means people who can get services through the **IBHP** but do not have **Medicaid**. Since July 1, 2024, the **IBHP** has also covered some people without **Medicaid** who have certain mental health or substance use needs. They must meet specific rules, and funding may be limited. These individuals may get services like outpatient care, inpatient care, and **crisis** services through **Magellan**.



Throughout this game plan, you will notice some words in **blue**. You can find definitions for those terms on page 5.



Important things to know when you turn 18

What changes when I turn 18?

Turning 18 is a big deal. It means you're now a legal adult and can start making your own choices about school, work, money, housing and healthcare. It also means taking responsibility for those choices.

You don't have to figure everything out at once, but it helps to start early. Talk to a parent, guardian or another adult you trust. Planning ahead makes everything a little easier.

What if I need help making decisions?

Being an adult doesn't mean you have to do everything alone. If you have ongoing **behavioral health** needs or a disability, there are options that let you get support while still being part of the process.

- **Supported decision-making (SDM):** You choose trusted adults to help you understand your options and make decisions. You stay in control.
- **Power of attorney:** You give someone permission to help with certain decisions, like healthcare or money.
- **Guardianship (only when needed):** A court gives someone else the legal right to make decisions for you when other supports aren't enough.

To learn more visit IdahoLegalAid.org or talk to an adult you trust.

How do I start making decisions on my own?

Making adult decisions means thinking ahead and starting to take charge in different parts of your life. Here are some areas to start with:

- **Health:** Take care of your body and mind. Try to be active a few times a week. See your doctor once a year (or more often if needed). Keep track of medical and **behavioral health** visits.
- **Money:** Learn how to budget, avoid debt and balance spending with paying bills.
- **Career:** Think about your strengths and interests. Are there things you enjoy that could become a job?

Life skills to help you as you grow

As you move into adulthood, here are some practical things to learn about. You'll find more tips and details about each topic starting on [page 43](#).

- **Doctor visits:** As an adult, you'll have to schedule your own doctor visits and learn how health insurance works.
- **Bank accounts:** A checking and savings account can help you manage money and build toward goals.

- **Taxes:** Adults file taxes every year. Even if you don't owe money, you may still need to file.
- **School and training:** Explore ways to keep learning or become job-ready.
- **Career prep:** Build your resume, fill out job **applications** and look into job training programs.
- **Phone and internet:** These help with school, work and staying connected. The right plan can save money.
- **Transportation:** Decide how you'll get around, by bus, car, bike, or walking.
- **Housing:** Learn what a lease is and how to manage rent and bills.

Making smart choices in these areas helps you stay independent and build the future you want. And remember, you don't have to do it all alone.



Your next steps checklist

Use this checklist to track your progress. Check off the things you've done and ask for help with anything you're not sure about. Checklist resources can be found on [page 43](#).

Health and wellness

- ☐ Apply for [Medicaid](#) (if needed)
- ☐ [Medicaid](#) re-evaluation (if needed)
- ☐ Choose a primary care provider (PCP) or doctor and schedule a yearly check-up
- ☐ Pick a dentist and schedule a visit every six months
- ☐ Find an eye doctor and schedule a yearly check-up (if needed)

Money management

- ☐ Open a bank account
- ☐ Create a budget
- ☐ Set up a way to track your spending (journal, app, spreadsheet)
- ☐ Learn what a credit report is and check it each year (see credit report link on [page 44](#))
- ☐ Understand how to avoid scams and protect your money

Career

- ☐ Create or update your resume
- ☐ Get resume help from the Idaho Department of Labor
- ☐ Schedule job training appointment or employment support through the Idaho Department of Labor

Housing

- ☐ Explore Housing and Urban Development (HUD) resources (if needed)
- ☐ Apply to rent an apartment or house
- ☐ Learn about homelessness resources (if needed)

School or training

- ☐ Choose a field of study that interests you
- ☐ Research schools or programs that match your interests
- ☐ Submit school [applications](#)
- ☐ Complete the Free [Application](#) for Federal Student Aid (FAFSA)
- ☐ Research and apply for scholarships and grants

Transportation

- ☐ Buy a bus pass, bike or car
- ☐ Learn how to maintain your car (if you have one)

Phone/internet

- ☐ Make sure you have access to a phone and have internet access



About Medicaid and how to apply

What is Medicaid?

Medicaid is free or low-cost health insurance for people in Idaho with limited income or certain health needs. It's run by **Idaho Department of Health and Welfare (IDHW)** and paid for by the federal and state governments.

What to know before you apply

- The **application** comes in English and Spanish.
- If you need help in another language, call 1-800-926-2588 (TTY 711).
- A parent, trusted adult, or caseworker can help you fill it out.
- Turning 18 doesn't always mean you need to reapply. To check, call:
 - **IDHW**: 1-877-456-1233 (TTY 711)
 - **Magellan** Member Services Helpline: 1-855-202-0973 (TTY 711)

IMPORTANT—If you are registered in the **Idaho Department of Health and Welfare's** online portal (idalink.idaho.gov), you can check your benefit **eligibility** and read any notices about your coverage there. This is often the fastest way to see updates about your **benefits**.

What documents do I need?

Get these ready before you apply:

- **Proof of identity**—A document with your name, age and address, such as a driver's license, school ID, military ID or a government-issued ID. You'll also need your social security number or proof of eligible immigration status. For help getting a Social Security card or birth certificate, visit usa.gov/request-documents.
- **Proof of income**—Pay stubs from the last 30 days if you're working. If you don't have income, write "N/A" (not applicable) or share the last day you worked. Include any other income, like Social Security or money from family and friends. If your income changes often, be ready to explain.
- **Proof of Idaho residency**—There may be times you will need to provide proof of Idaho residency.
- **Citizenship or immigration status**—Mark whether you're a U.S. citizen or not. Have your documents ready in case they're requested.
- **Current health insurance**—If you or anyone in your household already has health coverage, list that information.

Where can I get help with my application?

- Check your **eligibility**: healthandwelfare.idaho.gov/services-programs/medicaid-health/apply-medicaid to check if your eligible.
- Apply online: idalink.idaho.gov.
- Apply by phone or ask **IDHW** questions: 1-877-456-1233 (TTY 711)
- Visit a Health and Welfare office: Find one near you on [page 13](#).
- Call the Idaho CareLine: Dial 211 or 1-800-926-2588 (TTY 711)

How do I submit my application?

Online: idalink.idaho.gov

Email: mybenefits@dhw.idaho.gov

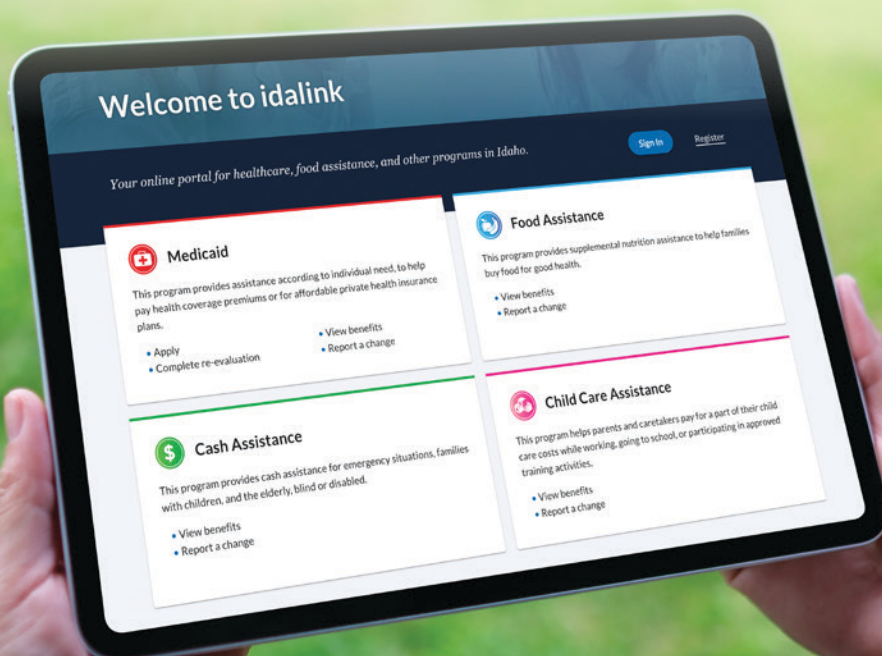
Fax: 1-866-434-8278

Mail: Department of Health and Welfare
Self-Reliance Programs
P.O. Box 83720
Boise, ID 83720-0026

Drop off: Bring it to a local Health and Welfare office (see [page 13](#))

What happens after I apply?

- Your **application** will be reviewed to see if you qualify.
- If more info is needed, someone may contact you. Make sure your phone number and address are correct. To update your phone number, address or email and ask questions, call 1-877-456-1233 (TTY 711).
- Most **applications** are reviewed within 45 days. It may take longer if extra info is needed.
- You'll get a letter in the mail telling you if you're approved.



When will I get my Medicaid card?

If you're approved and new to **Medicaid**, your ID card will arrive by mail within two weeks.

IMPORTANT—Your **Medicaid** card is permanent. Don't throw it away! You'll use the same card if your **Medicaid** closes and opens again.

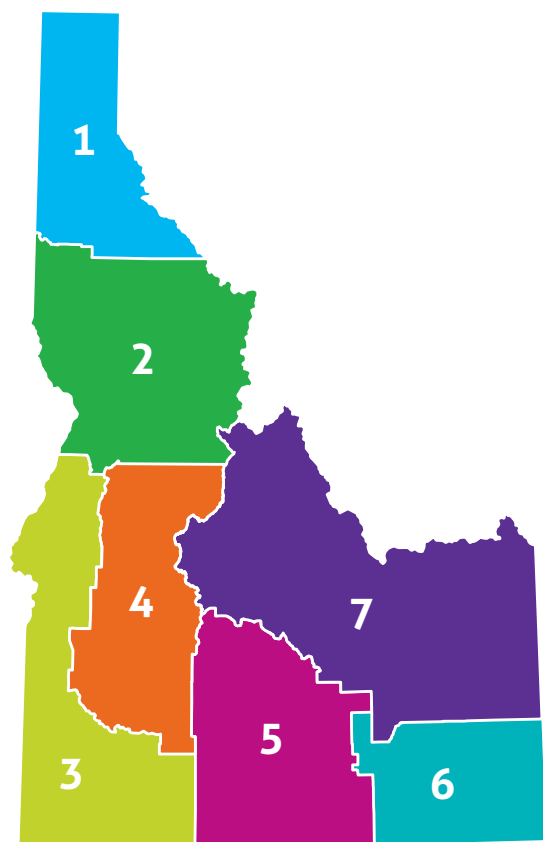
What if I'm not eligible for Medicaid?

If you are not eligible for **Medicaid**, you may still be able to get some **IBHP** services paid for by other programs.

To find out, you can complete an **eligibility** screening. An **eligibility** screening is a short set of questions **Magellan** asks to see if you qualify for **IBHP** services.

To complete an **eligibility** screening, call **Magellan** at 1-855-202-0973 (TTY 711).

Regional health district and Medicaid office information



Region 1

Panhandle Health District

8500 N Atlas Rd.
Hayden, ID 83835

Coeur d'Alene office

Ironwood Building
1120 Ironwood Dr., Coeur d'Alene, ID 83814

Kellogg office

35 Wildcat Way, Suite B, Kellogg, ID 83837

Sandpoint and Ponderay office

207 Larkspur St. Ponderay, ID 83852



Region 2

Public Health-Idaho North Central District

215 10th St.
Lewiston, ID 83501

Grangeville office

Camas Resource Center
216 South C St., Grangeville, ID 83530

Lewiston office
State Office Building
1118 F St., Lewiston, ID 83501

Moscow office
1350 Troy Highway, Moscow, ID 83843



Region 3

Southwest District Health

13307 Miami Lane
Caldwell, ID 83607

Caldwell office
3402 Franklin Rd., Caldwell, ID 83605

Payette office
515 N 16th St., Payette, ID 83661



Region 4

Central District Health

707 N Armstrong Pl.
Boise, ID 83704

Boise office
Westgate Building
1720 Westgate Dr., Boise, ID 83704

Mountain Home office
2420 American Legion Blvd., Mountain
Home, ID 83647



Region 5

South Central Public Health District

1020 Washington St. N
Twin Falls, ID 83301

Burley office
2241 Overland Ave., Burley, ID 83318

Twin Falls office
Pole Line Building
601 Pole Line Rd., Twin Falls, ID 83301



Region 6

Southeastern Idaho Public Health

1901 Alvin Ricken Dr.
Pocatello, ID 83201

Pocatello office
Horizon Building
1090 Hilina, Pocatello, ID, 83201

Blackfoot office
Blackfoot Services Complex
701 E Alice, Blackfoot, ID 83221



Region 7

Eastern Idaho Public Health

1250 Hollipark Dr.
Idaho Falls, ID 83401

Idaho Falls office
150 Shoup Ave., Idaho Falls, ID 83402

Rexburg office
333 Walker Dr., Rexburg, ID 83440

Salmon office
Field Office
111 Lillian St., Suite 104,
Salmon, ID 83467

Services covered by Idaho Behavioral Health Plan

Magellan Healthcare manages **behavioral health** services for **Idaho Behavioral Health Plan (IBHP) members**. You're eligible for the **IBHP** if you get Idaho **Medicaid**. You may also qualify if you live in Idaho and meet other criteria.

IBHP provides support for people dealing with:

- **Behavioral health** or emotional challenges
- Serious emotional disturbances
- Substance use concerns
- Both mental health and substance use concerns (called co-occurring disorders)

Find more info about **IBHP eligibility** at magellanofidaho.com/web/magellan-of-idaho/w/eligibility.

What IBHP services can I get when I turn 18?

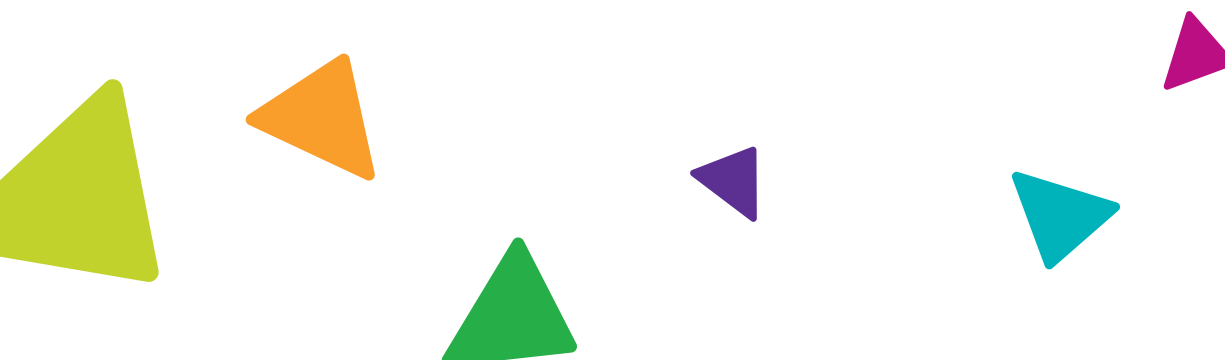
IBHP offers different types of treatment and services for adults. What's available to you depends on your age, needs and what your provider recommends.

When you meet with your provider, you'll talk about what services could help you. If you already see a therapist or specialist, they can help guide that decision too.

Some services need **prior authorization**. This means **Magellan** must say yes before you can get them. Your provider will handle this for you if needed.

Some services may be free or low cost through **other state funding**, even if you do not have **Medicaid**. These services are paid for by the **Idaho Department of Health and Welfare**. Funding is limited, so services can only be covered while funds last.

To learn more, check the **Covered Services** listed below, or visit magellanofidaho.com/web/magellan-of-idaho/w/covered-services-adults.



Alcohol and Drug Assessment

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** A meeting with a provider to check for alcohol or drug use and plan the right support.
- **Pre-Auth Required:** No

Alcohol and Drug Testing

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Test of your hair, urine, or saliva for alcohol to check for alcohol or drugs in your system
- **Pre-Auth Required:** No

Assertive Community Treatment (ACT)

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **Pre-Auth Required:** Yes
- **What it is:** A multidisciplinary team approach that provides individualized treatment planning, crisis intervention, peer services, community-based rehabilitation, medication management, case management, individual and group therapy, co-occurring treatment, and coordination with community supports
- **Who this may help:** Individuals with Serious and Persistent Mental Illness (SPMI*) who experience significant functional impairment and require long-term, intensive community-based support

- **What to know:** ACT services are provided primarily in the community and are designed to reduce hospitalizations and support long-term recovery

***SPMI is defined as having a primary diagnosis of:**

- Schizophrenia
- Schizoaffective disorder
- Bipolar disorder
- Major depressive disorder, severe and recurrent
- Delusional disorder
- Unspecified Psychotic Disorder (up to 120 days without a conclusive diagnosis)

The member's primary diagnosis, as defined above, is severe enough to cause a substantial functional impairment in at least two of the following areas in the last six months:

- Vocational or educational functioning
- Basic daily living skills
- Financial stability
- Housing
- Social relationships or support
- Community or legal involvement
- Family functioning



Throughout this game plan, you will notice some words in **blue**. You can find definitions for those terms on page 5.

Case Management—Mental Health

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** A case manager coordinates your care, connects you with a **behavioral health** professional, assists with mental and physical health services, supports your community living needs
- **Pre-Auth Required:** No

Case Management—Substance Use

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** A case manager coordinates your care, connects you with a **behavioral health** professional, assists with mental and physical health services, supports your community living needs
- **Pre-Auth Required:** No

Comprehensive Diagnostic Assessment (CDA)

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** A yearly evaluation that helps your providers understand your mental health and substance use needs and create a care plan.
- **Pre-Auth Required:** No

Crisis Call Center*

- **Eligibility:** All Idahoans
- **What it is:** Call or text 988 anytime for free, confidential support.* Trained professionals will listen and connect you to the right care.
- **Pre-Auth Required:** No

Crisis Centers*

- **Eligibility:** All Idahoans
- **What it is:** In-person help for a **behavioral health** or substance use **crisis**. You can stay up to 23 hours and 59 minutes.
- **Pre-Auth Required:** No

Crisis Intervention*

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** 24/7 access to a **behavioral health** professional who helps you manage a **crisis** and make a plan to move forward.
- **Pre-Auth Required:** No

Crisis Psychotherapy*

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Short-term therapy during a **behavioral health crisis** (when you're not in danger of harming yourself or others). Helps you stabilize and address what led to the **crisis**.
- **Pre-Auth Required:** No

Mobile Crisis Response Teams*

- **Eligibility:** All Idahoans
- **What it is:** A mobile team comes to you during a **behavioral health crisis**. They assess your needs, focus on your strengths and connect you with follow-up support to prevent future **crisis**.
- **Pre-Auth Required:** No

*A **crisis** is when you or someone you know is having sudden and severe **behavioral health** concerns, and you are unsure of what to do.

Family Psychoeducation

- **Eligibility:** Adult **Medicaid** members with SMI* or SPMI**
- **What it is:** Education and support for you and your family to understand your condition, needs and strengths. Sessions can be just your family or with others in similar situations.
- **Pre-Auth Required:** No

A person may be considered to have a Severe Mental Illness (SMI) if they have a diagnosed **behavioral health condition that meets DSM-5 criteria and / or experience functional impairment that significantly limits one or more major life activities*

***A person may be considered to have a Severe and Persistent Mental Illness (SPMI) if they meet the criteria for Serious Mental Illness, have at least one functional impairment, have a DSM-5 diagnosis of one of the following: Schizophrenia, Schizoaffective Disorder, Bipolar I or II, Major Depressive Disorder (severe and recurrent), Delusional Disorder, Borderline Personality Disorder*

Family Psychotherapy

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Therapy sessions with your family to improve communication, build skills and cope with challenges together.
- **Pre-Auth Required:** No

Functional Assessments

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** A review of how you manage daily tasks. Helps identify strengths and areas where support is needed.
- **Pre-Auth Required:** No



Group Psychotherapy

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Therapy with a group of 3+ people who share similar concerns. You'll talk, share and practice skills together with help from a **behavioral health** expert.
- **Pre-Auth Required:** No

Individual Psychotherapy

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** One-on-one talk therapy to help manage **behavioral health** concerns, build coping skills and improve wellbeing.
- **Pre-Auth Required:** No

Individualized Skills-Building Treatment Plan

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** A personalized plan created with a trained **behavioral health** provider and helper to support your goals using your strengths.
- **Pre-Auth Required:** No

Inpatient Mental Health Care

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Hospital stay for mental health care if your condition greatly affects thoughts, mood or behavior. You stay at least one night.
- **Pre-Auth Required:** Yes

*If you don't have **Medicaid**, state funds will cover the cost if the hospital stay isn't your choice.*

Inpatient Substance Use Care

- **Eligibility:** Adult **Medicaid** members
- **What it is:** Hospital care for withdrawal management and substance use treatment. You stay at least one night.
- **Pre-Auth Required:** Yes

Intensive Outpatient Program

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Treatment for mental health or substance use that doesn't require a hospital stay. It includes therapy, medication management, **crisis** support, skill-building, health assessments. You may also receive other services, such as case management, peer support, recovery coaching, eating-disorder health and nutrition support
- **Pre-Auth Required:** No

Medication-Assisted Treatment (MAT)

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Combines medications with counseling and therapy to treat substance use disorders, including opioids and alcohol use, and support long-term recovery.
- **Pre-Auth Required:** No

Medication Management

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** A doctor or nurse checks the medications you take, answers questions, and prescribes what you need.
- **Pre-Auth Required:** No

Multiple-Family Group Mental Health Psychotherapy

- **Eligibility:** Adult **Medicaid** members
- **What it is:** Group sessions with other families who are dealing with **behavioral health** concerns. Led by trained professionals who help with managing emotions, building coping skills and improving daily life.
- **Pre-Auth Required:** No

Outpatient Substance Use Disorder Psychotherapy

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** One-on-one or group therapy to help stop substance use, build healthier habits and support recovery.
- **Pre-Auth Required:** No

Partial Hospitalization Program (PHP)

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Intensive daytime treatment (20+ hours/week) for mental health or substance use needs—without overnight stay. It includes therapy, medication management, **crisis** support, skill-building, care coordination, health monitoring, eating-disorder nutrition support
- **Pre-Auth Required:** Yes



Peer Support

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **Pre-Auth Required:** No
- **What it is:** Services delivered by a Certified Peer Support Specialist (CPSS)—a person in recovery from mental health challenges who uses lived experience and training to support others
- **Who this may help:** Individuals recovering from mental health challenges
- **What to know:** Peer support focuses on hope, self-direction, and mental health recovery; see the Care Management chapter for more information

Psychological Testing

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Written, spoken or visual tests done by a psychologist to help understand your thinking, behavior and emotions.
- **Pre-Auth Required:** No

Recovery Coaching

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Certified peer recovery coaches (CPRCs) use their own experience to support your recovery from substance use and connect you to services.
- **Pre-Auth Required:** No

Residential Treatment

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** 24-hour care in a live-in setting (not a hospital) for serious **behavioral health** or substance use needs. It offers psychiatric care, nursing care, behavior support, therapy, family visits
- **Pre-Auth Required:** Yes

Skills Building/Community-Based Rehabilitative Services (CBRS)

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** One-on-one or small group session in the home or community to improve behavior, communication and daily skills. If you have a **behavioral health** concern, you may get CBRS at home or in the community. Providers help you improve behavior, social skills, communication, and daily living skills to boost confidence and reduce symptoms.
- **Pre-Auth Required:** Yes

Therapeutic Injection

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** Medicine given as a shot to help manage long-term **behavioral health** conditions and ensure consistent treatment.
- **Pre-Auth Required:** No



Transcranial Magnetic Stimulation (TMS)

- **Eligibility:** Adult **Medicaid** members and **other state funds**
- **What it is:** A non-invasive treatment that uses magnetic pulses on the brain to help with depression, OCD or other conditions that haven't improved with other care. Done in an office.
- **Pre-Auth Required:** Yes

For help with services and **benefits**, call **Magellan** at 1-855-202-0973 (TTY 711). We're available 24 hours a day, 7 days a week.

Services in this game plan are current as of April 2026. See Covered Services for Adults on [Magellanofidaho.com](https://magellanofidaho.com) for more service information.

Intensive Care Coordination (ICC)

Some people need more support than regular therapy or medication. If your mental health or substance use needs are more serious or complex, you may qualify for Intensive Care Coordination (ICC).

ICC helps organize your care and brings the right people together to support you. A licensed Intensive Care Coordinator will work closely with you.

Your ICC will:

- Listen to you and learn what is important to you
- Help you set goals and make a care plan
- Help you find doctors, therapists and other services
- Make sure everyone on your team is working together
- Support you during big changes, like leaving the hospital or moving from youth to adult services

You are the most important part of the team. You choose who you want involved. This could include family, trusted adults, providers, school staff or others who support you.

After someone refers you, an ICC will try to contact you within five business days. If you agree to join the program, they will complete an assessment with you and begin building your care team and plan.



Throughout this game plan, you will notice some words in **blue**. You can find definitions for those terms on page 5.

Who may qualify?

Youth (17 and under) may qualify if they:

- Need a higher level of care
- Are in or leaving residential treatment or foster care
- Are at risk of being placed outside the home
- Are involved in more than one system, like child welfare or juvenile justice

Adults (18 and older) may qualify if they:

- Have a Serious Mental Illness (SMI)
- Are leaving a psychiatric hospital or residential setting
- Need support from several providers or systems

Some youth may receive a similar service called Idaho Wraparound Intensive Services (WInS). This program also builds a team around the youth and family.

If you think ICC may help you, talk to your provider or call **Magellan** Member line at 1-855-202-0973 (TTY 711). They can help you learn more.



What happens to my services when I turn 18?

When you turn 18, you are legally an adult. Because of this, some services made for children and teens may stop.

Services that are usually only for people under 18 include:

- Behavior help and support
- Child and Adolescent Needs and Strengths (CANS) assessment
- Child and family team (CFT) meetings
- Day treatment
- Intensive services at home or in the community
- Respite (a short break for your caregiver)
- Youth **crisis** center services
- Youth peer support*

Even if some youth services end, you can still get **behavioral health** care as an adult. Adult services are available to meet your needs.

If you are 18, 19 or 20 and have **Medicaid**, you may still be able to get certain services through a **benefit** called Early and Periodic Screening, Diagnostic, and Treatment (EPSDT). EPSDT allows your provider to ask for services that are medically needed.

Talk to your provider before you turn 18. Planning ahead can help prevent gaps in care and make the change easier.

**If you already have a youth peer support specialist and want to keep working with them after you turn 18, you can talk to your provider to see if you can keep meeting with them.*

How do I keep services or ask for them again?

- **Talk to your provider:** Ask your provider what services you still qualify for and if you need to apply to keep them.
- **Request prior authorization:** Some services need approval to continue after you turn 18. Your provider can help with this.
- **File an appeal if denied:** If a service is denied, you have the right to appeal. You can get help from:
 - **Magellan Healthcare Complaints and Grievances:** member.magellanhealthcare.com/web/magellan-of-idaho/w/complaints-grievances-and-appeals
 - **Idaho Medicaid Ombudsman:** hssso.idaho.gov/contact-us
 - **Idaho Legal Aid Services:** idaholegalaid.org

What if I don't have a behavioral health provider?

If you're under age 18

Visit yes.idaho.org to learn about Youth Empowerment Services (YES), Idaho's children's **behavioral health** system of care. Talk with a trusted adult or check out the Quick Start Guide to learn how to get help. There are also advocacy agencies, such as Idaho Parents Unlimited (IPUL) that can provide support for you and your family.

Quick Start Guide: yes.idaho.gov/youth-empowerment-services/getting-started/quick-start-guide

If you're 18 or older

Once you're approved for **Medicaid**, you can get **behavioral health** and substance use services through the **Idaho Behavioral Health Plan (IBHP)**. (See [page 10](#) to learn how to apply for **Medicaid** and to check on **other state funding** if not eligible for **Medicaid**).

Here's how to get started accessing your IBHP services through Magellan:

1. Find a provider near you. There are three ways:
 - a. Visit MagellanofIdaho.com and use the [Provider Search tool](#).
 - b. Call the **Magellan** of Idaho Member Line at 1-855-202-0973 (TTY 711).
 - c. Get a printed provider list by calling 1-855-202-0973 (TTY 711).
2. Call the provider you choose to schedule a visit.
3. Your provider will help you create a care plan.

If getting care feels overwhelming, Care Coordination can help. A care coordinator can help you find providers, schedule services, and connect you with community supports. If assessments or diagnoses show your needs are more complex, you may be eligible for Intensive Care Coordination. Call the **Magellan** Member Line at 1-855-202-0973 (TTY 711) for more information.

How do I choose a provider that's right for me?

Finding a provider who makes you feel safe, understood and supported is important. You can meet with more than one provider to see who feels like the best match. The tips and questions below can help you decide.

Things to think about:

- Do you want in-person or telehealth/virtual visits?
- What language do they speak?
- Have they worked with people your age or background?

Questions to ask a provider:

- What kinds of treatment or therapy do you offer?
- What approach do you take to provide care that is trauma-informed?
- How do you make sure people feel safe when getting care and talking about traumatic experiences?
- How will you involve me in setting goals and making care choices?
- How do you handle it when someone shares thoughts of suicide?
- How will we check if therapy is working?
- What will our first session be like?
- What happens if I need to cancel or miss a visit?

What if I need legal help for behavioral health services?

If you're having trouble getting care, these agencies can help you stand up for your rights:

- Disability Rights Idaho: disabilityrightsidaho.org
- Idaho Legal Aid: idaholegalaid.org



If I'm 17 and turning 18, what should I know?

If you are 17 and will turn 18 soon, now is the time to plan.

Some services, including many of the services in the YES (Youth Empowerment Services) system of care are for people under 18. This includes services such as:

- Wraparound
- Child and Family Team (CFT) meetings
- Certain types of support at home or in the community
- Parenting with Love and Limits (PLL)[®]

When you turn 18, those services may end. But that does not mean your support has to stop.

Talk with your provider, case manager or care coordinator at least a few months before your 18th birthday. They can help you:

- Review what services you use now
- Decide what adult services may work for you
- Make a plan so there is no gap in care

Planning early helps you stay on track.



What is Wraparound and why does it matter?

Wraparound is a team-based planning process used in YES. It brings together:

- You
- Your family or trusted adults
- Providers
- Other people who support you

Together, the team builds a plan around your strengths and goals.

If you are close to turning 18 and will need this level of support after you turn 18, talk with your provider about what adult services can offer similar help. Some adult services, like case management, skills building or community-based services, may provide continued support.

What if I need youth-level services after I turn 18?

If you have [Medicaid](#) and are under age 21, you may be able to request services through a special benefit called Early and Periodic Screening, Diagnostic, and Treatment (EPSDT), please see [page 28](#) for more information on EPSDT.

EPSDT can help cover services your provider says are medically needed, even if those services are not usually covered for adults.

If you are 18, 19, or 20, have [Medicaid](#) or need a higher level of care or coordination, talk to your provider about whether an EPSDT request is right for you.



Extra help for your health: EPSDT

What is EPSDT?

EPSDT stands for Early and Periodic Screening, Diagnostic and Treatment. It's a special **Medicaid** benefit that helps children and young adults under 21.

If you have **Medicaid** or CHIP*, you can get EPSDT services.

The Children's Health Insurance Program (CHIP) helps families get low-cost health coverage for children under age 19. It is for families who make too much money to qualify for **Medicaid. Some families may pay a small monthly fee for each child enrolled in CHIP, depending on their income.*

What is EPSDT used for?

EPSDT helps you get care your doctor says you need, even if that care isn't usually covered by Idaho **Medicaid**. If your doctor or therapist thinks a service is important for your health or development, they can request it through EPSDT. This might include:

- Regular checkups and vaccines (shots)
- Dental, vision and hearing care
- Lab tests and health screenings
- Therapy or **behavioral health** care
- Help with daily activities (like bathing or dressing)
- Rides to and from doctor visits
- Care in a treatment center (if needed)

EPSDT makes sure you get the right care at the time, so you can stay as healthy as possible.

For more information about the EPSDT benefit, visit: healthandwelfare.idaho.gov/services-programs/medicaid-health/early-periodic-screening-diagnostic-and-treatment-epsdt



Throughout this game plan, you will notice some words in **blue**. You can find definitions for those terms on page 5.

What if I need an EPSDT service?

Before **Medicaid** can decide if they will approve or deny the request for treatment or services:

- The EPSDT Request Form must be filled out and signed by the parent or guardian (or by the person getting services if they are over 18).
 - EPSDT request form: publicdocuments.dhw.idaho.gov/WebLink/Browse.aspx?id=32483&dbid=0&repo=PUBLIC-DOCUMENTS
- The main doctor or specialist must also fill out and sign the form.

Each request is reviewed carefully. Magellan looks at:

- What works best for you
- Whether the service is likely to help—
not just how much it costs

EPSDT helps make sure young people get the care they need to stay healthy and prevent bigger problems later on.



Speaking up for yourself

What is self-advocacy?

Self-advocacy means calmly and confidently speaking up for yourself. It helps you ask for what you need at home, school, work, with friends or when getting healthcare. It gets easier with practice. And it can help you feel more confident, independent and in control of your future.

What does self-advocacy look like?

Self-advocacy looks different for everyone, but here are some key parts:

- Trusting your strengths and abilities
- Understanding your rights and responsibilities
- Figuring out what you want and how to ask for it
- Creating a plan to reach your goals
- Building a support network you can count on
- Practicing how to speak up in a calm and clear way
- Sticking with it, even if it feels hard at first

How will I feel when self-advocating?

You might feel nervous, excited, angry or proud. All these feelings are normal. The important part is to:

- Notice what you're feeling
- Choose how you want to respond

What can help me manage tough emotions?

When you're having big feelings, try these steps:

1. Give yourself time to calm down.
 - a. Count to ten
 - b. Take deep breaths or a short walk
 - c. Imagine a peaceful place
2. When you're ready, explain how you feel using calm, clear words. Try to say why you feel that way. For example, try using "I" statements:
 - a. I feel...
 - b. I want...
 - c. I need...

What if I've been through trauma?

Growing up can be hard, especially if you've been through foster care, juvenile justice or **behavioral health** challenges. Trauma can affect how you feel and respond to the world around you. Here are some ways to cope and find support:

- **Know your triggers:** These are things that can cause stress or strong feelings.
- **Build a support team:** Trusted friends, adults or counselors can help.
- **Ask for trauma-informed care:** Some providers are trained to help people who've been through trauma.
- **Use healthy coping tools:** Try deep breathing, journaling, listening to music or doing something you enjoy.

If you need help right away, call **988** for free, 24/7 **crisis** support.

Should I tell someone about a behavioral health diagnosis?

What is self-disclosure?

Self-disclosure means choosing to share information about your **behavioral health** condition or diagnosis. It's always your choice.

You might choose to tell someone so you can:

- Get support from people you trust
- Share your safety or **crisis** plan
- Ask for help or additional supports at work or school

There's no right or wrong answer—you decide:

- **Who** to tell
- **When** to tell them
- **What** to share

Some people create a short, one-page summary to help others understand their needs. If that sounds helpful, ask your provider or case manager to help you make one.



Explaining my behavioral health condition

Use the worksheet that follows to help talk about your **behavioral health** in a way that feels safe and honest. Sharing your story with people you trust—like family, teachers, counselors or friends—can help them understand and support you better. Fill it out when you're ready, either on your own or with someone you trust. There are no right or wrong answers.

My story, my way: A tool for sharing my behavioral health journey

What I want others to understand about my **behavioral health** condition:

- What it's called (if I know the name):

- How I would describe it in my own words:

- What people sometimes don't understand about:

How it shows up in my life:

- What it's like for me day to day (mood, focus, energy or relationships):

- How it affects school, work, or social life:

- A few real examples of how it shows up for me:

Why I'm choosing to share this:

- What I hope will happen by sharing (like feeling more supported or understood):

- How I hope it helps my connection with others:

What support looks like for me:

- Things people can do to support me (like listening, giving space, being kind):

- Things that aren't helpful or I'd like others to avoid:

- Tools or resources I'd like help finding:

Other things I want to share:

- What else is important for others to know about me:

- How I'd like people to respond to what I've shared:

Crisis and safety planning

Everyone has hard days, and that's okay. This part of the game will help you prepare for moments when things feel really overwhelming. It's about knowing what to do, who to turn to and how to stay safe during a **crisis**.

What is a behavioral health crisis?

A **behavioral health crisis** is when someone suddenly:

- Might hurt themselves or others, and/or
- Can't take care of themselves the way they usually do

What should I do if I'm in a crisis?

If you or someone else is in a **behavioral health crisis**, call or text 988. You'll reach the Idaho **Crisis** & Suicide Hotline. Someone is there 24/7 to listen, support you and connect you to help.

If more support is needed, a Mobile Response Team will come to where you are.

What's a Mobile Response Team, and how can they help?

Mobile Response Teams are trained **behavioral health** professionals who:

- Talk with you in person to understand what's going on
- Work to calm things down (this is called **stabilization**)
- Help decide what kind of care is needed and where to get it (This is called triage)

Why create a crisis and safety plan?

A **crisis and safety plan** helps you:

- Stay safe during intense or overwhelming moments
- Remember what has worked in the past
- Help your family or support team know what to look for and how to help

Make your plan when things are calm. You can create it on your own or with someone you trust, like a parent, counselor or case manager. Update your plan anytime—especially when you find new tools that help or notice something doesn't work.

What should I include in my crisis and safety plan?

This plan is all about what helps you in tough moments. Here are some things to think about including:

- **People you trust** who can support you in a **crisis** (like adults, mentors or friends)
- **Important details** about the people in your plan (how they help you, when to call them)

- Who helps you feel calm and if they should be called
- Doctors, therapists or counselors to call
- Steps to stay safe when things feel out of control
- What's worked before to calm or stop a **crisis**
- Safe places to go right away (like trusted homes, shelters or **crisis** centers)
- Medications you take
- Medical info first responders should know

Need help creating your plan?

Use this free Youth **Crisis Safety Plan** template from Youth Empowerment Services (YES): yes.idaho.gov/wp-content/uploads/2021/03/YouthCrisisSafetyPlan.pdf.

Download the form, fill it out and keep it somewhere safe. You can also share it with your doctor, therapist, counselor, case manager or anyone else who supports you.



Idaho crisis centers

Idaho's **crisis** centers play a critical role in supporting young adults navigating the transition from youth to adult **behavioral health** services. The **transition-aged** population, often faces unique challenges, including changes in care **eligibility**, increased independence, and evolving life stressors.

Magellan's coordinated **crisis** system ensures that both youth and adult **crisis** centers are prepared to meet these needs. Youth **crisis** centers provide developmentally appropriate, family-inclusive care, while adult centers offer expanded **stabilization** and recovery supports. Together, they create a seamless continuum that helps young adults access timely **crisis** intervention, avoid unnecessary hospitalizations, and connect to ongoing community-based services.

Crisis centers for youth

Clarvida Youth Support Center

Ages served:

- 5–9 (Resources only)
- 10–17 (Full admittance)

9196 W. Emerald, Suite 100
Boise, ID 83704
1-833-5-CRISIS (833-527-4747) (TTY 711)

ProActive Youth and Family Support Center

Ages served: 5–17

264 Main Ave. South
Twin Falls, ID 83301
208-969-9841 (TTY 711)

Rise Up Teen and Child Crisis Center of East Idaho

Ages served: 5–17

1140 Science Center Dr.
Idaho Falls, ID 83403
208-826-0994 (TTY 711)

Western Idaho Youth Support Center

Ages served: 5–17

308 Hawaii Ave.
Nampa, ID 83686
208-899-4727 (TTY 711)

Crisis centers for adults

Behavioral Health Crisis Center of East Idaho

1650 N Holmes Ave.
Idaho Falls, ID 83401
208-522-0727 (TTY 711)

Clarvida Community Crisis Center of Southwest Idaho

7192 Potomac Drive
Boise, ID 83704
833-527-4747 (TTY 711)

Crisis Center of South Central Idaho

570 Shoup Ave. W
Twin Falls, ID 83301
208-772-7825 (TTY 711)

Northern Idaho Crisis Center

2195 Ironwood Court, Suite D
Coeur D'Alene, ID 83814
208-625-4884 (TTY 711)

Rural Crisis Center Network

877-897-9027 (TTY 711)

South East Idaho Behavioral Crisis Center

1001 N 7th Ave. N, Suite 160
Pocatello, ID 83201
208-909-5177 (TTY 711)

Western Idaho Community Crisis Center

524 Cleveland Blvd., Suite 160
Caldwell, ID 83605
208-402-1044 (TTY 711)

Leveling up:

Your life, your goals, your game plan

Start building your game plan by getting to know your most valuable player (MVP)—you.

My MVP profile

This activity helps you think about what makes you strong, unique and full of potential. Just like a top player has a profile that shows their skills, goals and story, you'll create one that tells yours.

Supplies:

- Blank paper
- Pencil or pen
- Markers, crayons or colored pencils

Warm-up: What makes a great MVP?

Before you get started, think about what makes someone an MVP in sports or life. Write down a few words or draw symbols that come to mind.

Your MVP stats

You can write or draw in each section below. Use words, pictures or colors to make it your own. Go at your own pace. There's no right or wrong way.

Starting line: Where I come from

List or draw things that shaped who you are—like people, places, events or lessons. This is your foundation, like an MVP's early training.

The now zone: Who I am today

Describe what makes you, you. Think about your style, strengths, values and interests. What would a teammate or coach say about you?

Goal line: Where I'm headed

List some hopes, dreams and goals for your future. These can be for you, your team (family/friends/community) or the whole world.

Free play zone: Add anything else that makes you, you

Use this space to draw, write, doodle or create something that reflects your identity. It can be anything—a favorite quote, a symbol, a story or even a playlist. No rules. Just what feels real and right to you.

Game strategy: What helps me win

What helps you stay focused, strong and in the game when things get tough? Think habits, supports, people, tools or even favorite songs.

Teammates and coaches: Who's got my back

Write the names of people you trust. Who helps you, listens or cheers you on? Even MVPs don't do it alone.

Make it yours

Add color, drawings or symbols that show your energy, story and vibe. This is your playbook. Make it feel like you!

Scoring big: Set your game-changing goals!

Turning 18 kicks off a new season in your life. Just like in sports, setting goals helps you stay sharp, make smart plays and work toward your personal wins. Whether it's about your education, career or relationships, goals keep you focused and ready for what matters most. So, get ready to score!

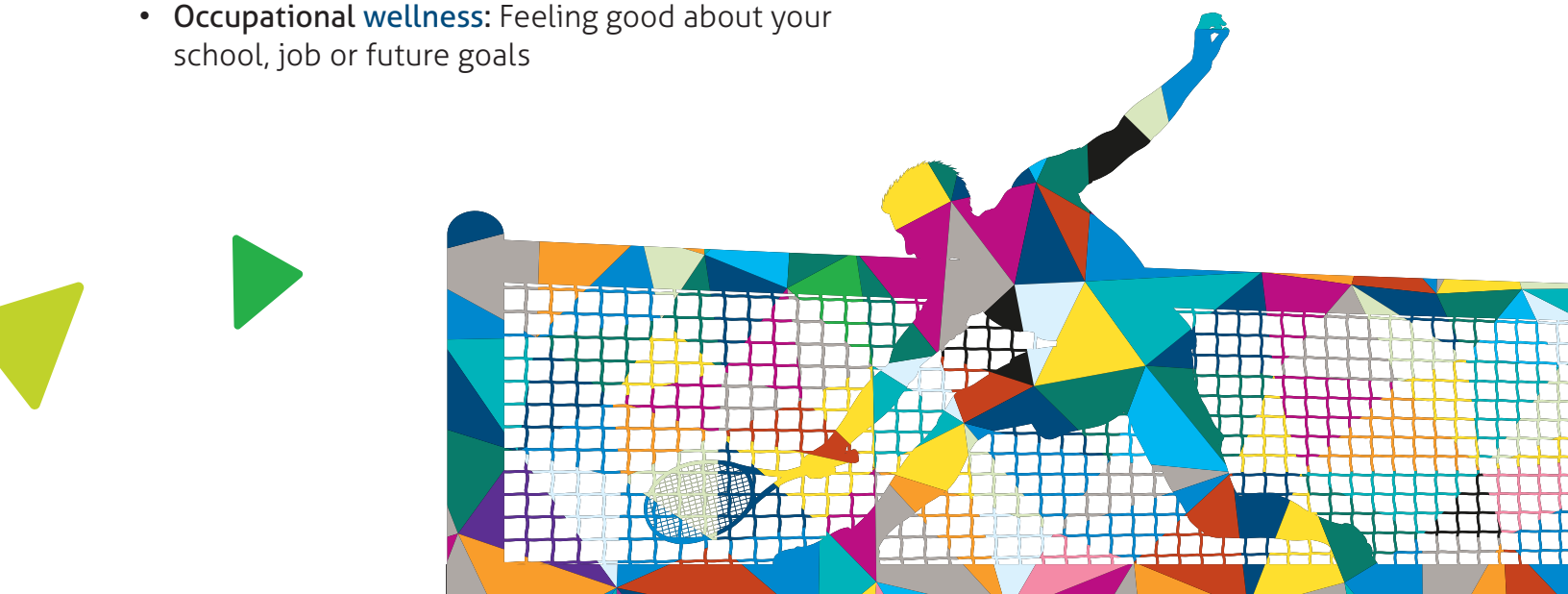
Game on!

Create your wellness playbook

Let's look at all the parts of life that help you stay well—the Eight Dimensions of **Wellness**. You'll create goals for the ones that matter most to you.

The eight dimensions are:

- **Physical wellness:** Moving your body, eating well, getting rest
- **Emotional wellness:** Understanding and managing emotions
- **Social wellness:** Building strong bonds with others
- **Intellectual wellness:** Learning new things and using your brain
- **Spiritual wellness:** Knowing your values and what gives life meaning
- **Environmental wellness:** Keeping your space safe and clean
- **Financial wellness:** Managing money and planning ahead
- **Occupational wellness:** Feeling good about your school, job or future goals



Make SMART goals

SMART goals are clear and realistic. They make it easier to stay on track and see progress. Each SMART goal should be:

S—Specific: What exactly do you want to do?

M—Measurable: How will you know you've done it?

A—Achievable: Can you really do it? Is it possible?

R—Relevant: Is this goal important to your life right now?

T—Time-bound: When do you want to finish it?

Example: "I will walk for 30 minutes after school on Mondays, Wednesdays and Fridays for the next four weeks to improve my physical health." This goal is:

- ✓ Specific (walking after school)
- ✓ Measurable (30 minutes, 3 times a week)
- ✓ Achievable (realistic)
- ✓ Relevant (helps physical health)
- ✓ Time-bound (Four weeks)



Draft your goals

Use the space below to create your own goals for the Eight Dimensions of **Wellness** that matter most to you. Each one should follow the SMART format.

Physical wellness goal: What will you do to stay active and healthy? (Example: Walk 30 minutes three times per week for four weeks)

Emotional wellness goal: What helps you handles stress or strong feelings? (Example: Practice deep breathing for five minutes, twice a week)

Social wellness goal: How will you stay connected with others? (Example: Call or video chat with a friend or family member once a week)

Intellectual wellness goal: What can you learn or try? (Example: Read one new book or take an online class this month)

Spiritual wellness goal: What brings you peace, hope or a sense of purpose? (Example: Write in a journal or reflect on your values each Sunday)

Environmental wellness goal: How will you take care of your space? (Example: Tidy your bedroom every Saturday)

Check in after one week, and again at the one-month mark.

- Use the space below or a journal to reflect:

[illegible]

Your goal roster

Think of this as your personal scoreboard. Keep it updated as you go.

Dimension of Wellness	Goal Example	Progress
Physical	Walk 30 minutes, three times per week for four weeks	
Emotional	Practice deep breathing for five minutes, twice a week	
Social	Call or video chat with a friend or family member once a week	
Intellectual	Read one new book or take an online class this month	
Spiritual	Write in a journal or reflect on your values each Sunday	
Environmental	Tidy your bedroom every Saturday	
Financial	Track what you spend for one week	
Occupational	Make a to-do list every morning before class	

Clutch play

In sports, a clutch play is a smart move made at just the right time, often when the pressure is on or the game is close. It's the kind of play that can change everything. Your clutch play might not be needed, but it could make a big difference.

Here are two ways to stay motivated and level up your progress.

- Team up: Share your goals with someone you trust. Having someone to cheer you on can help you stay accountable.
- Visualize your wins: Make a **wellness** vision board to track your progress. Celebrate small wins and stay inspired.

Helpful contacts and services

You've made it to the final stretch of your **Transition-Aged Youth** Game Plan! Just like every athlete has a trusted playbook, this section gives you tools, contacts and services to help you succeed in every part of life.

Whether you're working on your health, housing, education or money goals, these resources are here to help.

Magellan of Idaho

MagellanofIdaho.com

Member Services Helpline: 1-855-202-0973 (TTY 711)—available 24/7

Idaho Department of Health and Welfare (IDHW)

healthandwelfare.idaho.gov

Apply for **Medicaid**: idalink.idaho.gov (Click "Register" to apply)

- Contact Us: healthandwelfare.idaho.gov/contact-us
- Services and Programs: healthandwelfare.idaho.gov/services-programs/medicaid-health
- Office locations: healthandwelfare.idaho.gov/offices
- About IDHW: healthandwelfare.idaho.gov/about-dhw/our-mission

Idaho Care Line

Call: 211

healthandwelfare.idaho.gov/services-programs/211

Find a Magellan behavioral health or substance use provider in your area

Provider search: magellanofidaho.com/provider-network

Member Helpline: 1-855-202-0973 (TTY 711)

Crisis Support

Idaho **Crisis** Hotline: 988 (Available 24/7/365)

Idaho Adult **Crisis** Centers: magellanofidaho.com/w/adult-crisis-centers

Idaho Youth **Crisis** Centers: magellanofidaho.com/web/magellan-of-idaho/-/youth-crisis-centers

Idaho Medicaid Offices

See [page 13](#) of this guide, or: Call: 1-877-456-1233 (TTY 711)

Visit: healthandwelfare.idaho.gov/offices

Idaho State Independent Living Council

- Centers for Independent Living: silc.idaho.gov/idaho-centers-for-independent-living
- Resources for Individuals with Disabilities: silc.idaho.gov/resources-for-individuals-with-disabilities
- Idaho Parents Unlimited: ipulidaho.org

Substance Abuse and Mental Health Services Administration (SAMHSA) Mental Health Recovery Self-Help Educational Program

How to find the download:

1. In your browser, search for “Taking Action: A Mental Health Recovery Self-Help Educational Program”
2. Click the link from the Copeland Center. It will take you to a PDF you can download.

✓ Tip: Save the PDF to your phone or print a copy for easy access.

Online tools to help you stay in the game

Health insurance

- **Medicaid** for adults—Learn what’s covered and how it helps.
healthandwelfare.idaho.gov/services-programs/medicaid-health/about-medicaid-adults
- Manage my adult **Medicaid**—Update info, renew coverage or report life changes.
healthandwelfare.idaho.gov/services-programs/medicaid-health/manage-my-adult-medicaid

Money management

- Idaho Department of Finance
 - Make smart choices about money.
finance.idaho.gov/consumer-education-r/financial-literacy-education-and-resources
 - Understand why credit scores matter.
finance.idaho.gov/consumer-education-r/building-credit
 - Start and manage a budget.
finance.idaho.gov/consumer-education-r/budgeting-saving
- Internal Revenue Service
 - Get ready to file your taxes: irs.gov/individuals/get-ready-to-file-your-taxes
- Annual Credit Report
 - Get your free credit report here: www.annualcreditreport.com/index.action

Housing

- Apartment List: Get step-by-step help on how to apply for an apartment.
apartmentlist.com/renter-life/rental-apartment-application-process
- Housing and Urban Development (HUD), Idaho Homepage: Explore programs that offer housing and rental help and affordable housing. hud.gov/id
- housingidaho.com: Browse housing resources across the state.
housingidaho.com/Resources.html
- Idaho Housing and Finance Association: Search for local services and support if you’re experiencing homelessness. idahohousing.com/homeless-resources
- USA.gov: Get info about rental help and buying a home or making repairs.
usa.gov/housing-help

Job training

- Idaho Department of Labor: Fill out the inquiry to get connected with a counselor who will help you find a job, get paid work experience or get money for training and school. www.labor.idaho.gov/jobtraininginquiry
- U.S. Department of Labor: Offers training and support to help you find work; makes sure jobs are safe and fair; and protects your rights on the job.
 - Training Information: Build your workforce skills. dol.gov/general/topic/training
 - Youth Programs and Services: Learn about youth employment programs. dol.gov/agencies/eta/youth

Education after high school

- Apply Idaho: Apply to as many as 10 colleges (October to June, Idaho high school seniors only). nextsteps.idaho.gov/apply-idaho
- Federal Student Aid: Apply for federal student aid. studentaid.gov
- College prep checklist: Get ready for college, even if you're starting late. This checklist covers applying for aid, picking a school and getting ready to go. studentaid.gov/resources/prepare-for-college/checklists/late-start

Scholarships

- BigFuture—Search and compare thousands of scholarships based on your background, interests and goals. bigfuture.collegeboard.org/scholarship-search
- Next Steps Idaho
 - Idaho Governor's Cup Scholarship: Get support for college or training if you've shown strong academics, leadership or community service. nextsteps.idaho.gov/scholarship-idaho/idaho-governors-cup-or-academic
 - Idaho LAUNCH: Apply for a scholarship that funds training for high-demand jobs or career paths in Idaho. nextsteps.idaho.gov/scholarship-idaho/idaho-launch
 - Idaho Opportunity Scholarship—Get help paying for college if you have good grades and financial need. nextsteps.idaho.gov/scholarship-idaho/idaho-opportunity-scholarship
 - Peterson's—Explore scholarships, grants and other ways to pay for school. petersons.com/scholarship-search.aspx
 - Unigo—Create a profile and get matched with scholarships that are right for you. unigo.com

Checkups and health visits

- Dental care
 - Dentistry Today: Learn how to make a dental appointment. dentistrytoday.com/how-to-make-a-dentist-appointment-easily-in-3-simple-ways
 - Delta Dental: Discover why regular dental visits are important. deltadental.com/us/en/protect-my-smile/visiting-the-dentist/how-often-should-i-see-my-dentist.html
 - **Idaho Department of Health and Welfare Medicaid Dental Benefits:** Find dental **benefits** covered by **Medicaid**. healthandwelfare.idaho.gov/providers/managed-care-providers/dental

- Eye care
 - American Academy of Ophthalmology: Learn how to take care of your eyes. aao.org/eye-health/tips-prevention/eye-exams-101
- Doctor visits
 - Idaho Department of Health and Welfare**
 - Find a Healthy Connections Clinic: Get a list of clinics near you. healthandwelfare.idaho.gov/clinics
 - Idaho **Medicaid** Health Plan Booklet: Find your health information and coverage. publicdocuments.dhw.idaho.gov/WebLink/browse.aspx?id=3479&dbid=0&repo=PUBLIC-DOCUMENTS&cr=1
- Rides and transportation
 - Idaho Transportation Department: Get info about public transportation, routes, cost and service hours. itd.idaho.gov/pt
 - Non-Emergency Medical Transportation for **Medicaid** Members: Learn how to get free rides to and from medical appointments. healthandwelfare.idaho.gov/providers/managed-care-providers/non-emergency-medical-transportation

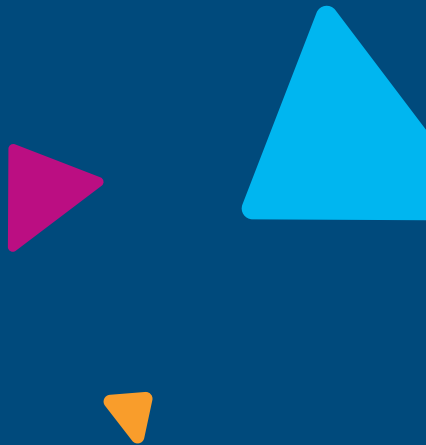
Supported decision making (SDM)

Idaho Department of Health and Welfare

- Guardianship and supported decision making: Learn more about the difference between guardianship and supported decision-making. healthandwelfare.idaho.gov/services-programs/guardianship-and-supported-decision-making
- My Choice Matters: Helps adults with intellectual and developmental disabilities have their voices heard. healthandwelfare.idaho.gov/services-programs/about-my-choice-matters
- Let's Talk Supported Decision-Making: Find out more about making your own choices and being more independent.
 - Text-only version disabilityrightsidaho.org/wp-content/uploads/2025/03/SDM-How-to-Accessible.pdf
 - Illustrated version disabilityrightsidaho.org/wp-content/uploads/2025/03/SDM-How-to.pdf

Voting

- Vote Idaho: Learn how and where to register and vote in your area.
 - Register to vote: voteidaho.gov/voter-registration
 - Casting your ballot: voteidaho.gov/casting-your-ballot
 - General info: voteidaho.gov



For local support and programs, visit:

MagellanofIdaho.com

**For national resources and tools to help you keep
winning in your health, goals and life, visit:**

MagellanHealthcare.com

