

HOW TO GET BEHAVIORAL HEALTH HELP



A Guide for Young Adults



GEORGIA
SYSTEM
of
CARE

FAMILY | COMMUNITY | PARTNERS



As a young adult, figuring out how to manage jobs, bills, education, and housing is difficult enough.

THINGS TO KEEP IN MIND

Thousands of young people in Georgia are either getting state services or applying to receive state services. Others are in your situation, too.

- There are a lot of services and resources out there for you. Do not be afraid to ask for help. It is out there.
- Connect with peer-support organizations. You can learn from others in your position how to best deal with the challenges of getting state services.
- Peer-support organizations can help provide emotional support, advice, and other extra services. A list of peer-support organizations is on page 12.

These things can become even more complicated if you need support from state services. Getting help from the state can be a long and difficult process. The goal of this guide is to give you some tips for getting the help you need.



You are your own best advocate.
Guide your own recovery. Don't be
afraid to speak up.



SPEAK UP FOR YOURSELF.

- Ask questions related to your care.
- If you don't understand something, ask for someone to explain it to you.
- Be patient. Your care and improvement is a process that may take some time.
- Demand that your support workers help you address your basic needs like health, housing, and safety. After your basic needs are met, understand other services may take time.
- If you are in a state of crisis and you feel threatened or feel you may be a threat to yourself or others, call 911. If you call the police, ask for an officer that has Crisis Intervention Training and explain to the dispatcher your situation. If there is no immediate threat or danger, call your social worker or the Georgia Crisis Access Line at 1-800-715-4225.

As you enter care, create a vision for what you want to achieve.

- Those who are successful create their own goals and plans for the future.
- Keep the long-term plan in mind in every decision you make. Temporary improvements and fixes are good, but long-term changes are better.
- Talk to your caseworkers about long-term goals and how to avoid mistakes on the way there.
- Don't give up when there is a setback. You can find a way around it.



CREATE YOUR OWN PATH.

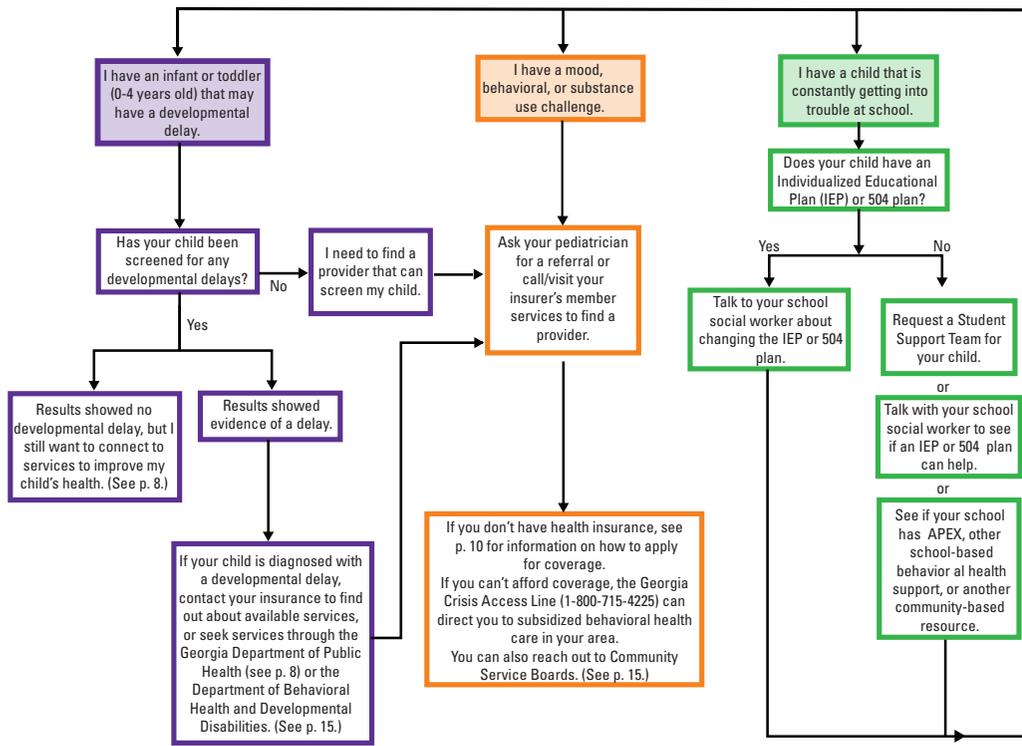


SEEK HELP TO GAIN
EMPLOYMENT.

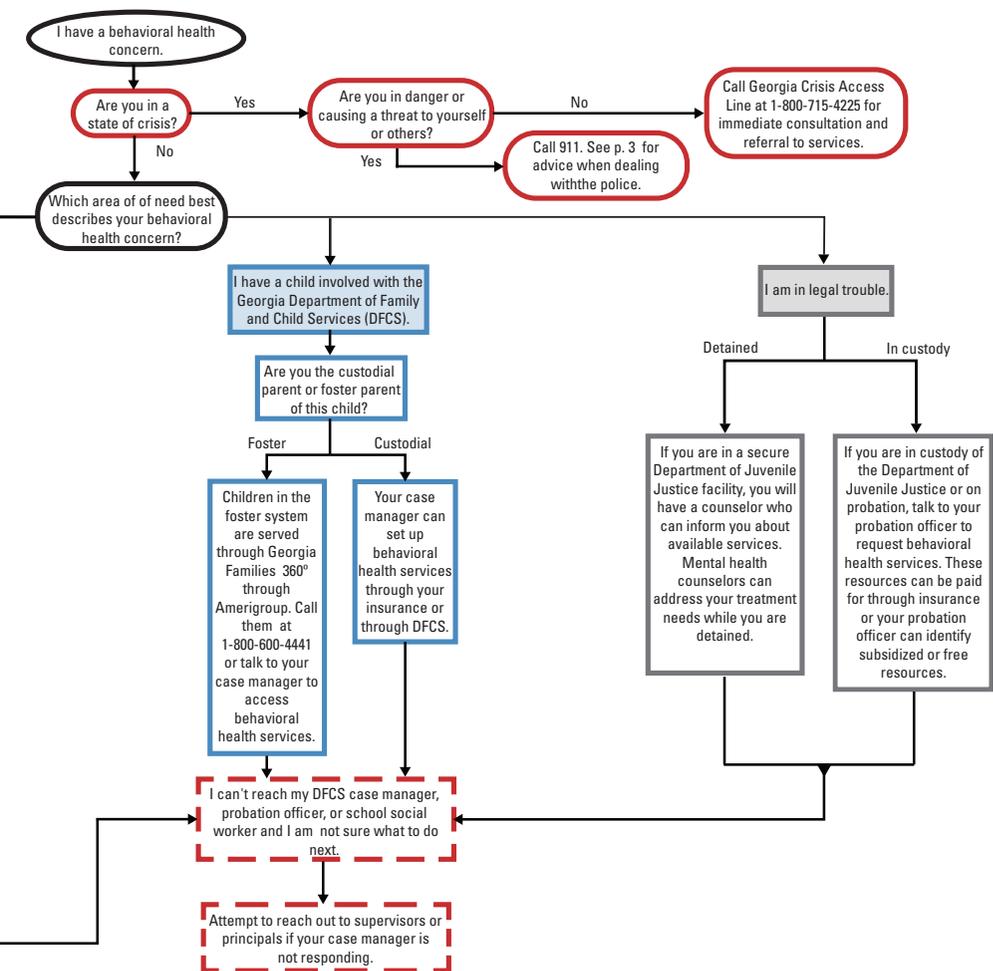
Many agencies specialize in providing support to young adults. These organizations can help you obtain identification documents, secondary education, or job training. A list of organizations that provide education and work training support for young adults is on page 9.

- Long-term employment requires a long-term plan.
- Think about education options for skilled labor, nursing, and other professional certificates. Some state agencies can help pay for your education.
- Build relationships with the people who support you and those around you who can help you as you work toward your future.

BEHAVIORAL HEALTH ACCESS MAP



Peer support organizations: No matter what challenge you or your child may be facing, it is very important to reach out to others who are dealing with the system themselves. After connecting to the appropriate agency for your need, reach out to peer support organizations. (For a list of these organizations, see p. 16.)



important to connect with people who have been through what you are going through, or are currently to an organization that specializes in peer-to-peer, or informal advocacy for people dealing with the system. organizations, see p. 12.)

RESOURCES

CHILD WELFARE

Department of Children and Family Services

Services: In charge of child safety and welfare, as well as support for foster children and adoptive families.

Constituent services: 404-657-3433

Adoptions: 404-657-3550

Abuse hotline: 1-855-422-4453

Foster care info: 1-877-210-5437

List of department services and information: dfcs.georgia.gov/node/695

County offices and locations: dfcs.georgia.gov/locations

EDUCATION/EARLY LEARNING

Georgia Department of Education

Services: Center for all pre-kindergarten to grade 12 education-related services and information.

Phone: 404-656-2800

Website: gadoe.org

Special Education:

gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services

Georgia Department of Public Health

Services: Behavioral health supports for mothers and families; maternal and infant health; Women, Infants, and Children (WIC); autism support.

Phone: 1-800-228-9173

WIC services website: dph.georgia.gov/WIC

Phone: 404-657-2850

Georgia Autism Initiative website: dph.georgia.gov/georgia-autism-initiative

EDUCATION/WORK TRAINING

Georgia Vocational Rehabilitation Agency

Services: Provides vocational training and rehabilitation programs for Georgians with disabilities.

Phone: 1-844-FOR-GVRA (1-844-367-4872)

Website: gvs.georgia.gov

Technical College System of Georgia

Services: Provides information on adult education, General Equivalency Diploma, and technical college programs. Also offers information on getting grants and scholarships.

Phone: 1-833-FOR-TCSG (1-833-367-8247)

Website: tcsge.edu

JUVENILE JUSTICE

Georgia Department of Juvenile Justice

Services: A system of courts and legal agencies that deal with youth offenders at the state level.

Office of Behavioral Health Services: djj.georgia.gov/office-behavioral-health-services

List of locations: djj.georgia.gov/find-location

Office of the Ombudsman: djj.georgia.gov/office-ombudsman

MEDICAID/SUPPLEMENTAL SECURITY INCOME

If you don't have health insurance and need coverage, first check to see if you are eligible for Medicaid. Go to gateway.ga.gov to check your eligibility.

- If you qualify for Medicaid, you will need to sign up with one of the four care management organizations. Your options depend on the conditions of your eligibility. See page 11.
- If you don't qualify for Medicaid, you can try to obtain affordable health insurance in the Marketplace at Healthcare.gov, or call 1-866-988-8246. If you can't afford coverage see the orange section of the Behavioral Health Access Map for more service options.

Georgia Department of Community Health

Services: Provides oversight for Medicaid and Peach Care services in Georgia.

Medicaid services: 1-866-211-0950

Website: dch.georgia.gov/

Georgia Gateway

Services: Apply for and check eligibility for Medicaid and start application process.

Phone: 1-877-423-4746; 7:00 am – 2:00 pm for a phone application

Website: gateway.ga.gov/access

Georgia Social Security Offices

Services: Provides information on benefits for disabilities and employment services.

Phone: 1-800-772-1213; 7:00 am – 7:00 pm

List of locations: secure.ssa.gov/ICON/main.jsp

Atlanta region site: ssa.gov/atlanta/southeast/ga/georgia.htm

MEDICAID PROVIDERS

Amerigroup

Services: Medicaid Care Management Organization.

Phone: 1-800-249-0442

Website: amerigroup.com

CareSource

Services: Medicaid Care Management Organization.

Phone: 1-855-202-0729

Website: caresource.com

Georgia Families 360SM (Amerigroup)

Services: Special Medicaid program for families of foster children.

Phone: 1-800-600-4441

Website: myamerigroup.com/ga/your-plan/georgia-families-360.html

Peach State

Services: Medicaid Care Management Organization.

Phone: 1-866-874-0633

Website: pshpgeorgia.com

Wellcare

Services: Medicaid Care Management Organization.

Phone: 1-866-231-1821

Website: wellcare.com/en/Georgia/Members/Medicaid-Plans/Georgia-Families

PEER SUPPORT

Families Advocating for Voices of Resilience (FAVOR)

Services: Family and youth support.

Phone: 404-499-0078

Website: favorfamilies.com

Families First

Services: Provides healthcare, education, employment, and life skills enhancement for youth in the foster care system.

Phone: 404-853-2800

Website: familiesfirst.org

Georgia Parent Support Network

Services: Provides services and support to parents of children with severe emotional disturbances and behavioral health needs.

Phone: 1-844-278-6945

Website: gpsn.org

Integrated Concepts for Families

Service: Family support, individual and family counseling.

Phone: 770-463-0202

Website: integratedconceptsforfamilies.com

National Alliance on Mental Illness' Peer to Peer

Services: Free educational program for people living with mental illness taught by peers with lived experience.

Phone: 1-800-950-NAMI (6264)

Website: nami.org/find-support/nami-programs/nami-peer-to-peer

Parent to Parent of Georgia

Services: Provides peer support to families of youth with disabilities.

Phone: 1-800-229-2038

Website: p2pga.org

HOMELESS SHELTERS AND EMERGENCY HOUSING

CHRIS 180

1976 Flat Shoals Road, Atlanta, GA 30316

Services: Housing resources, counseling, and youth services for ages 18 to 24.

Monday-Friday: 8:00am - 7:30pm

Phone: 404-486-9034

Website: chris180.org

Covenant House

1559 Johnson Road NW, Atlanta GA 30318

Services: Short term (30-90 days) housing, employment, mental health, and education services for those 18 to 21 years only.

Phone: 404-589-0163; 7 days a week, 24 hours a day

Website: covenanthousega.org

SOCIAL SECURITY/DISABILITY

Georgia Social Security Offices

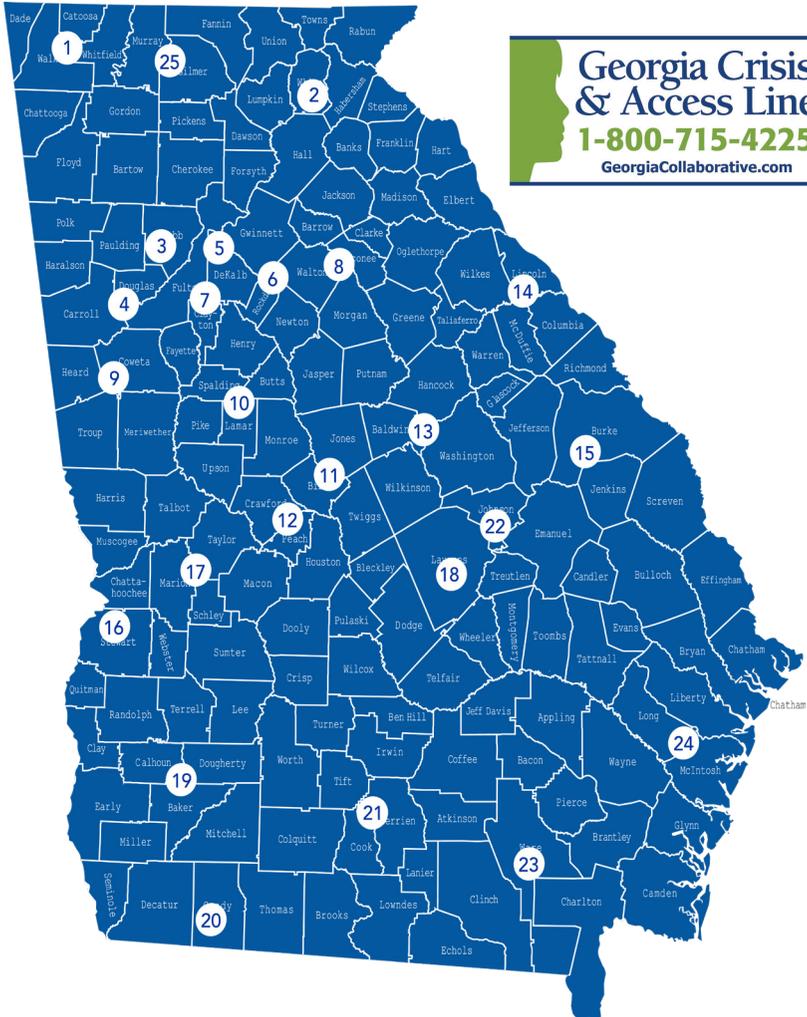
Services: Provides information on seeking benefits for disabilities and employment services.

Phone: 1-800-772-1213; 7:00 am – 7:00 pm

Office locator: secure.ssa.gov/ICON/main.jsp

Atlanta region site:

ssa.gov/atlanta/southeast/ga/georgia.htm



Georgia Crisis & Access Line
1-800-715-4225
 GeorgiaCollaborative.com

Source: Adapted from information provided by the Georgia Association of Community Service Boards and the Georgia Department of Behavioral Health and Developmental Disabilities

Georgia Department of Behavioral Health and Developmental Disabilities

The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) provides services for those with mental health and substance abuse issues, as well as disabilities. DBHDD also trains certified peer support workers. For services call the Georgia Crisis & Access Line at 1-800-715-4225 or visit dbhdd.georgia.gov/dbhdd-services.

Youth services and support clubhouses: dbhdd.georgia.gov/office-cyf-services#clubs

Substance abuse and recovery clubhouses: dbhdd.georgia.gov/adolescent-services

Community Service Boards across Georgia

1 - Lookout Mountain Community Services:	lmcs.org	706-638-5580 x4151
2 - Avita Community Partners	avitapartners.org/about/locations.php	1-800-525-8751
3 - Cobb Community Service Board	cobbcsb.com	770-429-5000
4 - Douglas Community Service Board	cobbcsb.com	770-429-5000
5 - DeKalb Community Service Board	dekcsb.org	404-294-3836
6 - View Point Health	myviewpointhealth.org	678-209-2411
7 - Clayton Community Service Board	claytoncenter.org	1-844-438-2778
8 - Advantage Behavioral Health Systems	advantagebhs.org	706-369-6363 x3100
9 - Pathways Center	pathwayscsb.org	1-888-247-9048
10 - McIntosh Trail Community Service Board	mctrail.org	770-358-5252
11 - River Edge Behavioral Health Center	river-edge.org	478-803-7600
12 - Phoenix Center Behavioral Health Services	phoenixhealthcenter.com	478-988-1222
13 - Oconee Community Service Board	oconeecenter.org	478-445-5322
14 - Serenity Behavioral Health Systems	serenitybhs.com	706-432-4800
15 - Ogeechee Behavioral Health Services	obhs-ga.org	478-289-2522
16 - New Horizons Community Service Board	nhbh.org	706-596-5500
17 - Middle Flint Behavioral Healthcare	dbhdd.georgia.gov/location/middle-flint-behavioral-healthcare	229-931-2504
18 - Community Service Board of Middle Georgia	csbmg.com	478-272-1190
19 - Aspire Behavioral Health and Developmental Disabilities Services	aspirebhdd.org	229-430-4140
20 - Georgia Pines	georgiapines.net	228-227-5426
21 - Behavioral Health Services of South Georgia	bhsga.com	229-671-6170
22 - Pineland Area Community Service Board	pinelandcsb.org	1-800-746-3526
23 - Unison Behavioral Health	unisonbehavioralhealth.com	1-800-342-8168
24 - Gateway Behavioral Health Services	gatewaybhs.org	1-866-557-9955
25 - Highland Rivers Community Service Board	highlandrivershealth.com	1-800-729-5700



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