

Magellan of Virginia

Medicaid Member Newsletter

Introducing ARTS (Addiction and Recovery Treatment Services)

ARTS is the Virginia Medicaid Program that covers substance use (drug and alcohol) treatment services. Whether you are using now, just stopped, or need some extra help staying clean and sober, ARTS has a service to meet your needs.

Who can get ARTS services?

All children and adults who have one of these Medicaid plans:

- Medicaid and FAMIS managed care organizations (MCOs),
- Medicare-Medicaid Plans (CCC and CCC Plus),
- "Straight" Medicaid and FAMIS, or
- Governor's Access Plan for the Seriously Mentally Ill (GAP).

ARTS services are for adults who are using substances or have used them in the past. Services are also for children who are using substances, have used them in the past, or who might be at risk for using soon.

Tobacco and caffeine are not included, but all other substances are.

For more information about the Medicaid Addiction and Recovery Treatment Services Program, you may contact Magellan at 1-800-424-4046 or your managed care organization using the phone number on the back of your benefit card.

What is covered under ARTS?

ARTS is substance use disorder treatment including:

- Peer Supports/Family Support Services—a strength-based, recovery oriented program in which individuals or families receive support in their community by qualified, trained peers with lived experience in order to maintain a path towards recovery, resiliency, and wellness.
- Opioid Treatment including medication assisted treatment and counseling (methadone treatment)
- Substance Use Case Management (not covered under GAP)
- Outpatient Therapy (less than 9 hours per week)
- Intensive Outpatient Services (9–19 hours per week)
- Partial Hospitalization Services (20 or more hours per week)
- Various Levels of Residential Services (not covered for FAMIS Members)
- Inpatient Acute Care for Withdrawal (not covered under GAP)

Understanding Mental Health Medication

It can be hard to manage symptoms of mental illness or substance use. Medication is often the first type of treatment that many people use for mental health issues. It is used to treat the symptoms that make it hard for people to live their everyday lives. Below are some ideas to help you decide if medication is right for you.

Will medication cure my mental illness?

Medication will not cure mental illness. It may help manage the symptoms so that therapy will work better. For some people using medicine is like when you have to use crutches after breaking your leg. It helps the symptoms so that you can do the work in therapy to heal. Other people may need medication their whole life to manage mental health symptoms. Each person and each illness is different.

How do you know if a medication is right for you?

Talking to your doctor about your mental health diagnosis, your symptoms, and your life goals is the best way to decide if medication is right for you. When talking to your doctor:

- Be honest about your hopes and your fears. Also, be honest about your symptoms and how they affect your life.
- Be open to trying new things, and ask lots of questions.
- Be direct about what you like and don't like.
- Be curious about how the medicine will affect you. Ask if this medicine works for other people.
- Be patient. It may take several tries to find the right medicine for you.
- Be an advocate. You know yourself better than anyone does. Get as much information as possible to make an informed decision.

Who should I talk to if I want to try medication?

The first person to talk to about medication for your mental health is your Primary Care Physician (PCP). Your PCP can refer you to a Psychiatrist, if needed. You can also talk to your case manager, therapist, or social worker if you have one. Or, you can call Magellan at 1-800-424-4046. We can help you find a doctor.

What should I ask my doctor about medication?

Asking lots of questions of your doctor is the best way to make an informed decision about whether medication is right for you. Some questions might include:

- Are there things I can do other than take medication to help my mental health?
- What are the side effects of this medication?
- Can I take this medication with my other medications?
- How long will I have to take this medication?
- What will happen if I don't take medication?

For more information on having a conversation with your doctor, you can look at the *"Taking Charge of Your Care—Tips for Talking with Your Providers"* flier posted on www.MagellanofVirginia.com, under "For Members" and "Connecting Your Behavioral/Medical Care Team."