HELPING MEMBERS RECEIVE THE RIGHT TREATMENT

During the COVID-19 pandemic, many members may face situations that retrigger past trauma or lead to new trauma. These unprecedented times offer us an opportunity to work together to meet member needs through offering an integrated approach to behavioral health and physical health.

As an MCO, we help support providers like you through continuing education and identifying relevant social determinants of health resources. Molina’s Care Management team uses assessments and works with providers to identify, reduce, and aim to eliminate members’ barriers to care.

We also provide tools to help you administer the right care at the right time in the right setting. One of these tools is Molina’s new Behavioral Health C.O.V.I.D. Screener for Primary Care. The screener provides questions to help identify your patients’ potential behavioral health, social, or emotional conditions. The screener may also help you identify opportunities for intervention or referrals to behavioral health specialists or the Molina Care Management program.

MAPPING POSITIVE COPING STRATEGIES FOR MEMBERS

With your help, members can find and select new ways to alleviate stress and anxiety by:

- Taking the adverse childhood experiences questionnaire
- Learning relaxation techniques (mindfulness / meditation apps, yoga, and deep breathing)
- Avoiding/decreasing stimulants (caffeine, sugar, and nicotine)
- Acknowledging traumatic events and removing guilt, self-blame
- Journaling for 20 minutes a day about their feelings and concerns
- Obtaining therapy which allows us to heal from the damage of traumatic stress
- Exercising and/or developing connections with others

When you are working with a Molina member who has complex needs, using our integrated approach, Molina can provide recommendations and referrals to the member and keep you informed every step of the way.

Look for trauma red flags, and let us know when you would like support from our Care Management team.

Identify potential areas of risk or intervention, it is important to comply with locally mandated reporting requirements regarding suicidal ideation, abuse, neglect, or other interpersonal violence.