



# Foster Parent Resources

Optum Idaho manages outpatient behavioral health services. That means if you or your child has Medicaid, we can help you find and access mental health services and providers, and help you understand your benefits and rights. There are approximately 2,000 foster children in Idaho, and all qualify for Medicaid coverage. Foster children are a unique population that can benefit greatly by behavioral health care.

## Did you know...

- **A referral is not needed** for children to engage in Medicaid-funded behavioral health care. You do not need a referral to get into counseling. To find a provider for your foster child, use the provider search tool under the **Find Care** section of the Optum Idaho Member webpage. You can filter your search results by expertise, by provider gender, by age group treated and even for specific services like “youth peer support.” You can also call the Optum Idaho Member Access & Crisis Line at **1-855-202-0973** (TTY/TDD: **711**) for assistance in finding a provider 24/7. As always, work with the child’s case worker when starting any services.

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- **You can receive respite services** through Medicaid. Through the YES program, you can get up to 300 hours per year of respite care—provided by trained professionals—for your foster child. Call Liberty Healthcare (**1-877-305-3469**) to schedule an assessment to see if your child qualifies. **Find a respite provider.**
- **Optum Idaho has a *Transitioned-aged Youth Guide* (TAY)** for foster children aging out of the system. This guide is specifically targeted to Medicaid members (which includes foster children) that are in the 17 - 18 age group. The TAY guide helps provide practical guidance to members transitioning from child to adult so they can more easily navigate the Medicaid system of care during this critical time in their lives.
- Optum Idaho provides **Mental Health First Aid training to Foster Parents free of charge.** Watch a short video about Optum Idaho’s free MHFA training classes **here**, and register for an upcoming class **here**.

*(Continued on the following page.)*



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- Optum has a **wellness app** that can help parents or teens with coping skills. Get access to self-care techniques, coping tools, meditations and more—anytime. Visit the Optum Idaho AbleTo webpage to learn more about the AbleTo app.

### More Foster Parent Resources

These resources are easy to navigate and can provide information on parenting children in foster care and offer helpful links for additional support.

- **Parenting Resources for Foster Parents** – Child Welfare Information Gateway [here](#).
- **National Foster Parents Association** – [Access here](#).
- **Foster Care - Sesame Workshop** – [Access here](#).
- **Idaho Department Health and Welfare Foster Parent Resources** – [Access here](#).
- **Children's Medicaid** – [Access here](#).