



Mental Health and Substance Use Disorder Benefits

Mental Health Benefits

As of January 1, 2014, outpatient mental health services are now a benefit covered by Beacon Health Strategies. You can call Beacon Health Strategies at 1-855-765-9702, Monday through Friday 8:30 a.m. to 5:00 p.m., or ask your Primary Care Provider (PCP) to make a behavioral health referral for you. If you are experiencing a mental health crisis, please call the Ventura County Behavioral Health line 24/7 at 1-866-998-2243. For other questions, please call GCHP Member Services at 1-888-301-1228, TTY 1-888-310-7347 Monday through Friday 8:00 a.m. to 6:00 p.m. These services are for the treatment of mild to moderate mental health conditions, which include:

- Individual and group mental health testing and treatment (psychotherapy);
- Psychological testing to evaluate a mental health condition;
- Outpatient services that include lab work, drugs, and supplies;
- Outpatient services to monitor drug therapy; and
- Psychiatric consultation.

You can still get specialty mental health services from county mental health plans. Specialty mental health services provide care for someone with a severe mental health problem that seriously affects their ability to take care of themselves. Please contact Ventura County Behavioral Health Department at 1-888-998-2243 for specialty mental health services.

Not Covered:

- Mental health services for relational problems are not covered. This includes counseling for couples or families for conditions listed as relational problems. Relational problems are problems with your spouse or partner, parent-child problems, or problems between siblings.

Substance Use Disorder Preventive Services

Description:

Alcohol misuse screening services are now a benefit covered by Gold Coast Health Plan for all members ages 18 and older. These services for alcohol misuse cover*:

Covered Services:

- One expanded screening for risky alcohol use per year
- Three 15-minute brief intervention sessions to address risky alcohol use per year

Not Covered:

- Gold Coast Health Plan does not cover services for major alcohol problems, but you may be referred to the County Alcohol and Drug Program.

* Screening, Brief Intervention, and Referral to Treatment (SBIRT)