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Back-To-Care for Better Health – Includes Mental Health Care

Health Plan of San Joaquin (HPSJ) continues to encourage its over 396,000 members in San Joaquin and Stanislaus counties to return to their doctors for wellness tests, regular immunizations and care for chronic conditions that may have gone unattended during the past several years. At the same time, HPSJ points to the importance of one's mental health when considering total health.

"In the U.S., anxiety disorders are one of the most common mental health conditions," said HPSJ's Social Work Manager Elizabeth Campos-Martinez, LCSW. "Taking care of your mental health is crucial." She advises the following for everyone:

- Taking care of yourself – Seek care and help yourself feel and live better
- Taking care of your loved ones
- Check up on your friends and family; support and encourage them if they need support
- Talking about mental health

– The more you talk about it, the more normalized it will become. HPSJ Chief Medical Officer Lakshmi Dhanvanthari, MD, says: "HPSJ staff collaborate with providers, county and community partners, to extensively improve identification and coordination of behavioral health services for our members." Mental health services are a covered benefit for HPSJ members at Beacon Health Strategies (members may call Beacon directly, at 1-888-581-7526). HPSJ members and community residents also can get help from the behavioral health branches of county public health services. Local residents can contact San Joaquin County Behavioral Health Services at 1-888-468-9370 (24/7 Helpline) or Stanislaus County Behavioral Health and Recovery Services at 209-558-4600.

In addition, Health Plan of San Joaquin serves as a partner, convenor, and collaborator in programs aimed at addressing and improving the mental

health of our community. These include:

- Behavioral Health Integration (BHI) Initiative– Collaborating with external partners to improve identification and coordination of behavioral health services, in 2021 over 9,900 HPSJ members were screened and received BH services.
- Student Behavioral Health Incentive Program (SBHIP) – A state-funded program underway to enhance HPSJ partnerships with local schools and county services so Medi-Cal students can access their BH services while at school.
- Maternal Behavioral Health – Health Plan of San Joaquin actively partners with their primary care providers and county public health agencies, reaching out to every Medi-Cal prenatal patient including those with complex and high-risk pregnancies.
- Adverse Childhood Events (ACEs) Screening –Health Plan of San Joaquin works with providers to



determine if their HPSJ patient can benefit from counselling based on an initial ACEs screening. Because ACEs contribute to what is considered "toxic stress and can have lasting impacts on overall health, HPSJ encourages providers to learn more by going to <https://www.acesaware.org/>.