

# Recovery Road

Moving forward!

Summer 2018

## Medicare and mental health

Mental health conditions, like depression or anxiety, can happen to anyone at any time. If you think you may have problems that affect your mental health, you can get help. Talk to your doctor or other health care provider if you have thoughts of ending your life, feel sad or hopeless, trouble sleeping, loss of interest in things you used to enjoy, or other troubling thoughts or behavior.

With Baby Boomers now at retirement age, many seniors will experience mental health issues for the first time, and will have to rely on Medicare or Medicaid to help pay for mental health services.

Mental health care includes services and programs to help diagnose and treat mental health conditions. These services and programs may be provided in outpatient and inpatient settings. Medicare helps cover outpatient and inpatient mental health care, as well as prescription drugs you may need to treat a mental health condition.

Medicare Part A (Hospital Insurance) helps cover mental health care if you're a hospital

inpatient. Part A covers your room, meals, nursing care, therapy, lab testing, and medications.

Medicare Part B (Medical Insurance) helps cover mental health services that you would get from a doctor and services that you generally get outside of a hospital, like doctor and psychiatrist visits, clinical psychologist or social worker. Part B may also pay for partial hospitalization if you need intensive coordinated outpatient care.

Medicare prescription drug coverage (Part D) helps cover drugs you may need to treat a mental health condition. It is very important that you review the list of eligible drugs as these may change from year to year.

### Outpatient care

Medicare Part B helps cover mental health services and visits with clinical psychologists, social workers, nurse specialists, nurse practitioners and physician assistants (deductibles and coinsurance may apply).

You also get one depression screening per year, attend individual and group psychotherapy with doctors,

family counseling, as well as an annual wellness visit.

In general, after you pay your yearly Part B deductible for visits to a doctor or other health care provider to diagnose or treat your condition, you pay 20% of the Medicare-approved amount if your health care provider accepts assignment.

### Inpatient care

Medicare Part A (Hospital Insurance) helps pay for mental health services you get in a hospital that require you to be admitted as an inpatient. You can get these services either in a general hospital or in a psychiatric hospital that only cares for people with mental health conditions. No matter which type of hospital you choose, Part A will help cover inpatient mental health services.

If you're in a psychiatric hospital (instead of a general hospital), Part A only pays for up to 190 days of inpatient psychiatric hospital services during your lifetime.

Medicare measures your use of hospital services (including services you get in a psychiatric hospital) in benefit periods. A benefit period begins the day

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Depression and Bipolar Support Alliance of Oklahoma

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## Medicare and mental health

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you're admitted as an inpatient in a general or psychiatric hospital. The benefit period ends after you haven't had any inpatient hospital care for 60 days in a row. If you go into a hospital again after 60 days, a new benefit period begins, and you must pay a new deductible for any inpatient hospital services you get.

There's no limit to the number of benefit periods you can have when you get mental health care in a general hospital. You can also have multiple benefit periods when you get care in a psychiatric hospital, but there's a lifetime limit of 190 days.

Medicare does not pay for private duty nurses, a phone or television in your room, personal items (toothpaste, socks, razors, etc.), or a private room unless medically necessary.

### Medicare prescription drug coverage

To get Medicare prescription drug coverage, you must join a Medicare Prescription Drug Plan. Medicare drug plans are run by insurance companies and other private companies approved by Medicare. Each Medicare drug plan can vary in cost and in the specific drugs it covers. It's important to know your plan's coverage rules and your rights.

Most Medicare drug plans have a list of drugs that the plan covers, called a formulary. Medicare drug plans aren't required to cover all drugs, but they're required to cover all (with limited exceptions) antidepressant, anticonvulsant, and antipsychotic medications, which you may need to keep you mentally healthy.

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## If you need help . . .

National Suicide Prevention  
**800-273-TALK (8255)**

Emergency  
**911** Ask for a CIT Officer

OCARTA for Crisis  
**405-812-4580**

OCARTA for Friendship  
**405-436-4082**

Oklahoma County Crisis Intervention Center  
**405-522-1800**

Heartline  
**211** Ask for help with emotional distress

Remember: Suicidal thoughts are temporary. Suicide is permanent. Don't give in to suicidal thoughts – you can overcome them.



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Oklahoma

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Find us on Facebook @dbsaok

### Our Mission

To provide hope, help, education, and support to improve the lives of people with mental health disorders.

*We've been there. We can help.*

George Crooks – Executive Director  
Jeannie Huey - Office Manager  
Mark Brennaman – Public Outreach

### Board of Directors

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## **Medicare and mental health**

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A Medicare drug plan can make some changes to its formulary during the year within guidelines set by Medicare. If the change involves a drug you're currently taking, your plan must provide a written notice to you at least 60 days prior to the change, or, at the time you ask for a refill, provide written notice of the change and a 60-day supply of the drug under the same plan rules as before the change.

### **Getting the help you may need**

If you meet certain income and resource limits, you may qualify for Extra Help from Medicare to help pay the costs of Medicare prescription drug coverage. You should apply even if you aren't sure if you qualify.

You can visit Medicare.gov and select "Get help paying costs" under "Your Medicare Costs." Or, you can call Social Security at 800-772-1213. TTY users can call 800-325-0778.

You can also call Soonercare at 800-987-7767 to apply for benefits.

## **Self care is self love**

It's important that we learn how to take care of ourselves to dramatically reduce stress and enhance our wellbeing.

When we engage in self care we honor our whole person – body, mind and spirit.

Chronic stress results in the release of cortisol that can be detrimental to our physical and mental health.

The warning signs of too much stress include moodiness, agitation, depression, aches and pains, seeing only the negative in situations, isolation, and even turning to substance abuse.

It's very important that we take an inventory of our wellness on a regular basis. Being aware of our physical and mental state allows us to take measures to avoid crisis situations.

Self care is an act of self love.

There are several ways we can engage in self love including exercise (releasing endorphins), slow and deep breathing, maintaining a healthy diet

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## **From the executive director**

As we head into the summer months, DBSA, its staff and volunteer facilitators continue to stay very busy.

We are active in four mental health organizations that meet regularly – Oklahoma Recovery Alliance, Coalition of Advocates, Planning Advisory Council, and Oklahoma Behavioral Health Association.

This past quarter we held two facilitator training classes at the state office. We had a summit meeting with a quest speaker, Josh Gilbertson, Ph.D. of the OKC VA Medical Center. He gave an interesting presentation on mindfulness. We also had one board meeting.

We sent four people to the DBSA Regional meeting in Dallas on June 2nd, and we had a NAMI Walk team at Myriad Gardens on the same day.

It is with great pleasure to announce we have launched a public support group in Tulsa. This group meets at the Denver House on Saturdays at 12:30 pm.

We are also launching a specialty support group in Oklahoma City. Our LGBTQ+ support group will meet Wednesdays at 6:30 pm at The Diversity Center, 2242 NW 39th Street

We are also creating specialty groups for seniors, Hispanic women, millennials, first responders, and faith-based.

We are also creating new facilitator training for specialty groups, and will be making some exciting announcements in the coming weeks.

On a sad note, Jerry Risenhoover passed away April 13th. He was very active in DBSA and many mental health advocacy groups in Oklahoma. We will all miss Jerry.

Save the date! Plan to attend our Annual Gala on September 27. More details to follow.

Lastly, I thank Jeannie, Mark and all the DBSA facilitators for their hard work and commitment to our mission.

# Peer support groups

Attending peer support groups can help your recovery become stronger and longer lasting. We offer more than 20 support groups throughout Oklahoma. Our groups are free to attend by those living with a variety of mental health issues. Please visit our website to make sure you have the most up-to-date listing of our groups.

## [dbsaok.org/support](http://dbsaok.org/support)

### ***Calendar of events***

#### ***July***

- 5, 12, 19, 26** Creative Expressions
- 4** Independence Day – Office Closed
- 21** Facilitator Training
- 27** Movie Night

#### ***August***

- 2, 9, 16, 23, 30** Creative Expressions
- 15** Summit
- 31** Movie Night

#### ***September***

- 6,13, 20, 27** Creative Expressions
- 3** Labor Day – Office Closed  
Consumer Conference
- 11** Board Meeting
- 18** Facilitator Training
- 27** Dinner/Silent Auction
- 28** Movie Night

### ***Self care is self love***

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with plenty of fresh fruits and vegetables, and talking about our issues with others.

Using daily affirmations is a powerful way to engage in self care. Make little signs you will see daily and say the affirmations outloud to help lower levels of distress and increase a sense of wellbeing.

Positive affirmations might include: I will not let my diagnosis define me. I will get through this day. I am taking charge of my recovery. I have self worth. I choose to see the good in me. I am enough.

How are you caring for yourself?

**Whatever you are, be a good one.**

**William Makepeace Thackeray**

***Recovery Road*** is the quarterly newsletter of DBSA of Oklahoma. We are seeking stories from those who have faced the stigma of mental illness and were able to rise above it. Please send your story to [mark@dbsaok.org](mailto:mark@dbsaok.org)