



Mental and Behavioral Health

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Catching Up with Connor

“Dual Diagnosis”

- Individuals with intellectual and developmental disabilities (IDD) who also have a mental health and/or behavioral health diagnosis.
 - Also known as **“IDD/MI Dual Diagnosis”**
- Common diagnoses include:
 - Schizophrenia and psychotic disorders
 - Bipolar disorder
 - Major depressive and anxiety disorders
- It is common for many individuals with IDD to experience mental and/or behavioral health challenges.
- Increased attention in recent years!

Health Care Services

- Both NJ FamilyCare/Medicaid and Medicare provide coverage for mental and behavioral health services.
- Navigate to your Medicaid **Managed Care Organization (MCO)** website to search for in-network providers:
 - <https://www.nj.gov/humanservices/dmahs/info/resources/care/>
- Medicare Part B Mental Health Care Outpatient Services:
 - <https://www.medicare.gov/coverage/mental-health-care-outpatient>
- Medicare – Find a Provider:
 - <https://www.medicare.gov/care-compare/>

State & Local County Resources

- NJ Division of Mental Health and Addiction Services – Directory of Mental Health Services (by county, updated July 2024):
 - https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf
 - Mental Health Resources:
<https://www.nj.gov/humanservices/dmhas/resources/mental/>
- NJ 211 – Comprehensive information and referral services:
 - <https://nj211.org/>
- National Alliance on Mental Illness (NAMI) NJ
 - <https://naminj.org/>
- The Arc of New Jersey Family Institute Mental Health Resources Page:
 - <https://www.thearcfamilyinstitute.org/resources/mental-health-resources.html>

2023 Webinar Series

- The Arc of New Jersey's 2023 Health Care Webinar Series – ***Exploring Mental Health and Behavioral Health Challenges in People with IDD***
- 5 different webinars presented by highly experienced health care practitioners and mental/behavioral health experts.
- **Recordings and slides available on our website:**
 - <https://www.arcnj.org/programs/health-care-advocacy/dual-diagnosis-resources.html>

“START” Model

- **“START”** - “Systemic , Therapeutic, Assessment, Resources, and Treatment” is a model that provides community-based crisis prevention and intervention services for individuals with IDD and mental health needs.
- The Division of Developmental Disabilities (DDD) awarded a \$3.2M contract to the Young Adult Institute (YAI) to create a new START model in New Jersey, and the project is expected to begin this spring.
- Read more:
<https://www.nj.gov/humanservices/news/pressreleases/2024/approved/20241022.shtml>

Contact Information & Resources

- The Arc of New Jersey Health Care Advocacy Program
 - Website: thearcnjhealthcareadvocacy.org
 - Email: healthcareadvocacy@arcnj.org
 - Subscribe to our email list at www.arcnj.org
- Dual Diagnosis Resource Page
 - <https://www.arcnj.org/programs/health-care-advocacy/dual-diagnosis-resources.html>
- UNH National Center for START Services
 - <https://iod.unh.edu/national-center-start-services>