

Pennsylvania HealthChoices Member Newsletter

Recovery supports help the LGBTQIA community

September is national recovery month. Some people may need extra help to recover. It is OK to provide extra care. This is the right thing to do.

Today there are more recovery support options for the LGBTQIA community. Some county and national supports are listed to the right. You can also call Magellan member services to learn more.

We still see some negative stigma towards LGBTQIA people. This needs to change. Community education can make this better. This will help to answer questions. And this will improve lives.

LGBTQIA people may face more challenges than others. They have a higher rate of substance use disorders. They also see a higher rate of attempted suicides. Bullying and discrimination are often causes. LGBTQIA people do recover from these issues.

Positive results can happen. It helps when they have support. Some support options are:

- family members
- friends
- peer support
- providers
- county or national resources

Supports should listen for concerns. It is a good idea to try to be an ally. The goal is to make the person feel good. The strategy should be to create a safe space. Being in a safe setting will help.

A LGBTQIA person wants to be accepted. It helps when their family accepts them as they are. This helps to reduce depression. Studies show this is often critical for LGBTQIA youth.

Providers are also a good choice for support. They do the best when they remove all barriers to service. It is also important to address risk factors. These efforts will help to improve access.

Substance Abuse and Mental Health Services Administration. LGBT Community: Families Fostering a Path to Recovery, 2016.

County supports available

- Drug & Alcohol Assessment Centers
- Single County Authority
- Centers of Excellence
- Recovery Centers
- Intensive Case Management
- Recovery Houses
- Certified Recovery Specialists
- Peer Support Specialists
- Member Advisory Group
- County Groups

LGBTQIA stands for:

- | | |
|------------------------|---------------------|
| L – Lesbian | Q – Queer |
| G – Gay | I – Intersex |
| B – Bisexual | A – Asexual |
| T – Transgender | |

National supports available

- LGBT National Help Center
 - 1-888-843-4564
 - www.glnh.org
- www.thetrevorproject.org
- www.familyproject.sfsu.edu
- www.cdc.gov/lgbthealth
- www.gsannetwork.org
- www.hrc.org/topics/children-youth
- www.yesinstitute.org

Upcoming MY LIFE meetings by county

Call to confirm meeting dates and locations. Or visit www.MagellanofPA.com and click on MY LIFE.

Bucks

Oct. 12, Nov. 9, Dec. 14,
5:30 – 7:30 p.m., Abington Health Center, Warminster. Contact Marissa Gates: 215-504-3966.

Delaware

Oct. 10, Nov. 14, Dec. 12,
6:30 – 8 p.m., YMCA, Lansdowne. Contact Shawn Carroll: 215-504-3934.

Lehigh/Northampton

Oct. 14, Nov. 11, Dec. 9,
5 – 7 p.m., St. Paul's United Church of Christ, Allentown. Contact Michele Davis: 610-814-8006.

Montgomery

Oct. 11, Nov. 8, Dec. 13,
5:30 – 7:30 p.m., Norristown Public Library, Norristown. Contact Kim Renninger: 215-504-3972.

Coming Soon

MY LIFE in Cambria County.
Call 1-800-424-0485 to
learn more.

Sexting and Teens

You may have heard of sexting but not know what it means. This is when a person talks about sex through a text message. It may also be when a person sends or asks for images such as nude photos using a cell phone.

Some teens think sending nude photos is cool but it is not. To send nude photos of a person under eighteen years of age may result in federal criminal charges. It is also a crime for minors to send nude photos of themselves to another minor. Parents who allow teens to share nude photos may also be charged.

Sexting often happens when it is not wanted. This can cause stress and problems. It can also be a way to abuse or harass someone through:

- Force or pressure to send nude photos or sexual words
- Sharing a sex video recorded with a cell phone
- Sending unwanted words or images about sex
- Threats to hurt someone if nude photos are not sent

To share sexual words and photos is very easy. It can happen any place and any time since so many teens carry cell phones. This also makes it easy for a photo to be shared fast and with a lot of people. A sexual image on the internet may never go away. It can be used in ways that can hurt the person in the photo.

If someone you know under 18 years of age is being forced to send nude photos contact the police or call the number below.

Anyone who has been abused may call the National Dating Abuse Helpline to talk or get advice from a teen or adult: 1-866-331-9474 [TTY 1-866-331-8453].

Or visit the websites:

- www.loveisrespect.org
- www.thatsnotcool.com

To find the domestic abuse program nearest you, visit <http://www.pcadv.org> and click on *Find Help* or use the *Find Help* map on the home page.

How to report fraud, waste and abuse of the system:

Special Investigations Unit
Hotline: 1-800-755-0850

Corporate Compliance Hotline:
1-800-915-2108

Upcoming events & resource information by county

The resource phone lines are staffed 24 hours a day, seven days a week, or go to www.MagellanofPA.com.

Bucks

Community Support Programs—monthly meetings

Lower Bucks: Second Thursday, Pennel Mental Health Center, Pennel, 3 – 5 p.m. Contact Nancy Scheible, NScheible@PenndelMHC.org, 267-269-7882.

Central Bucks: First Wednesday, Lenape Valley Foundation, Doylestown, 11 a.m. – 12:30 p.m. Contact Phil Braun, Philip.Braun@LenapeVF.org, 215-893-5282.

Upper Bucks: Second Friday, Penn Foundation, Sellersville, 10:30 a.m. – noon. Contact A.J.Derro, DerroAJ444@gmail.com, 215-869-4722.

Cambria

Oct. 2: Finding Strength Within, 3:30 – 7 p.m., Our Sons The Main Event, 229 Main St., Johnstown, to RSVP and get more information on this free dinner and speaker program call 814-254-4342 or email csp@pendropincenter.org.

Resources

Member: 1-800-424-0485, TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Cambria County Reach Line: 877-268-9463
- Meadow's Psychiatric Center: 877-268-9463

Lehigh & Northampton

Lehigh Valley Community Support: Second Monday, NAMI, Bethlehem, 9:30 – 11 a.m. Contact Donna, NAMI PA Lehigh Valley, 610-882-2102.

Oct. 25: Miracle League of the Lehigh Valley Trick or Treat, 6 p.m., Baseball field, 5858 Sell Road, Schnecksville, Contact Kate@miracleleaguelv.org.

Lehigh Resources

Member: 1-866-238-2311, TTY: PA Relay 7-1-1

Emergency & Crisis Information: 610-782-3127

Northampton Resources

Member: 1-866-238-2312, TTY: PA Relay 7-1-1

Emergency & Crisis Information: 610-252-9060

Resources

Member: 1-877-769-9784, TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Lenape Valley Foundation, Bristol: 215-785-9765
- Lenape Valley Foundation, Doylestown: 215-345-2273
- Lenape Valley Adult Mobile Crisis: 215-785-9765
- Penn Foundation, Sellersville: 215-257-6551 (crisis services 7 a.m. – 11 p.m. daily)
- Access Child/Adolescent Mobile Crisis Services: 1-877-435-7709

Delaware

Oct. 1 – Nov. 17: Delaware County 15th Annual Thanksgiving Food Drive, Contact the Delaware County Government Center at 610-891-4000 to find the closest food drop off location.

Resources

Member: 1-888-207-2911, TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Crisis Connections Team: 855-889-7827
- Crozer-Chester Medical Center, Upland: 610-447-7600
- Mercy Fitzgerald Hospital, Darby: 610-237-4000

Montgomery

Oct. 21: 3rd Annual Montgomery County Wellness Fair, 10 a.m. – 1 p.m., Plymouth Meeting Mall, 500 West Germantown Pike, Plymouth Meeting, Contact Peggy at mwalsh@magellanhealth.com

Resources

Member: 1-877-769-9782, TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Access Crisis Services: 1-855-634-HOPE (4673)
- Peer Support Talk Line: 1-855-715-8255
- Teen Talk Line: 1-866-825-5856 (talk) or 1-215-703-8411 (text)
- Montgomery County Emergency Services: 610-279-6100 or 1-800-452-4189

PA HealthChoices managed care physical health care plan contact information

| Bucks, Delaware & Montgomery Counties | Member Lines | For TTY Users | Special Needs Unit | Website |
|--|---------------------|----------------------|---------------------------|--|
| Aetna Better Health | 1-866-638-1232 | PA Relay 7-1-1 | 1-855-346-9828 | www.aetnabetterhealth.com |
| Health Partners | 1-800-553-0784 | PA Relay 7-1-1 | 215-967-4690 | www.healthpartners.com |
| Keystone First | 1-800-521-6860 | 1-800-684-5505 | 1-800-573-4100 | www.keystonefirstpa.com |
| UnitedHealthcare Community Plan | 1-800-414-9025 | PA Relay 7-1-1 | 1-877-844-8844 | www.uhccommunityplan.com |

| Cambria County | Member Lines | For TTY Users | Special Needs Unit | Website |
|----------------------------------|---------------------|----------------------|---------------------------|--|
| Aetna Better Health | 1-866-903-0748 | PA Relay 7-1-1 | 1-855-346-9828 | www.aetnabetterhealth.com |
| Gateway | 1-800-392-1147 | PA Relay 7-1-1 | 1-800-642-3550 | www.gatewayhealthplan.com |
| United Healthcare Community Plan | 1-800-414-9025 | PA Relay 7-1-1 | 1-877-844-8844 | www.uhccommunityplan.com |
| UPMC for You | 1-800-286-4242 | 1-800-361-2629 | 1-866-463-1462 | www.upmchealthplan.com |

| Lehigh & Northampton Counties | Member Lines | For TTY Users | Special Needs Unit | Website |
|--|---------------------|----------------------|---------------------------|--|
| Aetna Better Health | 1-866-638-1232 | PA Relay 7-1-1 | 1-855-346-9828 | www.aetnabetterhealth.com |
| AmeriHealth Caritas Pennsylvania | 1-888-991-7200 | 1-888-987-5704 | 1-888-991-7200 | www.amerihealthcaritaspa.com |
| Gateway | 1-800-392-1147 | PA Relay 7-1-1 | 1-800-392-1146 | www.gatewayhealthplan.com |
| UnitedHealthcare Community Plan | 1-800-414-9025 | PA Relay 7-1-1 | 1-877-844-8844 | www.uhccommunityplan.com |
| UPMC for You | 1-800-286-4242 | 1-800-361-2629 | 1-866-463-1462 | www.upmchealthplan.com |

HealthChoices Help Line: 1-800-440-3989 or www.enrollnow.net; Medicare primary information: www.benefitscheckup.org

Behavioral health awareness

OCTOBER

Domestic Violence Awareness Month

NOVEMBER

National Runaway Prevention Month

DECEMBER

National Impaired Driving Prevention Month