



Fortify Cares: Better Care. Healthier Children. **Behavioral Health Care Coordination**

Fortify Children's Health's *Fortify Cares* Behavioral Health Care Coordination program is designed to support optimal health and well-being for children and young adults who are struggling with their emotions and/or behaviors. We know it can be difficult for caregivers or young adults to navigate mental health resources, find appropriate care and avoid situations that can result in a visit to the hospital. *Fortify Cares* is here to help you access the best care and develop a plan that ensures you or your child can stay healthy, safe and participate fully in school and other activities.

Our Care Management Team Can Help Your Family:

- Access community resources for health, social, emotional, and financial needs.
- Navigate complex health systems and services.
- Identify and address barriers to coping with emotions and/or behaviors.
- Coordinate care across the care team (primary care provider, mental health professional, school, etc.).
- Identify appropriate actions to keep you or your child safe in the event of suicidal thoughts.
- Learn more about ways to improve mental and emotional health through provider-approved resources.

Eligibility:

Your family is eligible for *Fortify Cares*, **at no cost to you**, if you or your child:

- Is between the ages of 6 and 21 years
- Has a diagnosis of depression
- Is covered by Anthem Commercial or Sentara Community Plan (Medicaid)
- Has a primary care provider who is part of [Trusted Doctors](#)

How It Works:

As your child's caregiver, or a young adult over the age of 18, you will be connected with one of Fortify's Care Managers via phone or video call who will ask you a series of questions to learn more about your unique needs. Once we know more about your needs and experience, we will:

- Work with you to develop and understand a care plan that meets the needs of you or your child.
- Share the care plan with the primary care provider so they can help you or your child manage their depression and meet their behavioral health goals.
- Upon consent, connect with you or your child's school to identify available school-based behavioral health resources, support positive school performance and reduce absences.
- Connect with you monthly, for at least six months, to identify any new barriers and provide ongoing support for you or your child.

For more information, please call 833-324-1234 x 700 or email caremanagement@fortifychildrens.org

Learn more at www.FortifyChildrens.org/Family-Resources