

# ASK THE DOC



Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.



## Mental Health Awareness

### The End of the Public Health Emergency

During the federal COVID-19 Public Health Emergency (PHE), many changes were made to the Medicaid program's eligibility, administration, and policies to ease rules for providers and prevent Medicaid beneficiaries from losing health care coverage. With the passage of the federal Consolidated Appropriations Act of 2023, Michigan restarted Medicaid eligibility renewals. With the end of the PHE, MDHHS will also be reviewing certain waived policies that were in place during the pandemic.

## Medicaid Renewals



At the start of the federal COVID-19 Public Health Emergency (PHE) we stopped the Medicaid renewal process. Renewals are restarting. If you have Medicaid, MICHild, or Healthy Michigan Plan you may need to go through the renewal process. This is to find if you are still eligible for free or low-cost Medicaid coverage.

### What to do now:

- 1 Update your address, phone number, and email address.
- 2 Report any changes to your household or income.
- 3 Check your mail. You may need to fill out a renewal form.

### Medicaid Redeterminations

Medicaid beneficiaries will have to renew their coverage this year as Michigan resumes eligibility redeterminations to comply with federal legislation since the PHE ended. Renewals for traditional Medicaid and the Healthy Michigan Plan will take place monthly starting in June 2023 and run through May 2024. Monthly renewal notices will be sent three months prior to a beneficiaries' renewal date starting with June renewal dates. Beneficiaries can check their renewal month at [Michigan.gov/MIbridges](https://Michigan.gov/MIbridges). More information about the how benefits connected to the COVID-19 Public Health Emergency are changing can be found at [Michigan.gov/2023BenefitChanges](https://Michigan.gov/2023BenefitChanges).



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### What To Do Now

- Update your address, phone number, and email. The best way to do this at [Michigan.gov/MIBridges](https://Michigan.gov/MIBridges). You can also call your local MDHHS office. Visit the [MDHHS County Office webpage](#) to find your local office information.
- If you do not have an online account for MI Bridges to access your Medicaid case or report changes, visit [www.michigan.gov/mibridges](https://www.michigan.gov/mibridges) to sign up for a MI Bridges account. You can also locate organizations that can help you by [searching for Community Partners](#).
- *\*If you already have a MI Bridges account, creating new accounts will limit the information you can see. We strongly suggest using the original account if you are the "Head of Household." Remember, heads of household can see case information and report changes to case information. If you are not the head of household, you will only see resource information.*
- Report any changes to your household or income at [Michigan.gov/MIBridges](https://Michigan.gov/MIBridges) or call your local MDHHS office. Visit the [MDHHS County Office webpage](#) to find your local office information.
- If you get a renewal packet, be sure to fill it out, sign the forms, and return it by the due date with any proof needed.
- NOTE: If you do not complete and return the renewal, you may lose Medicaid coverage. If we complete a review and you no longer qualify, you can choose to buy health care coverage at [HealthCare.gov](https://HealthCare.gov).

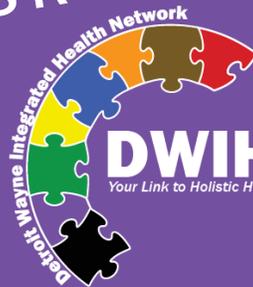
### Why Follow Up After Psychiatric Hospitalization Matters

Hospitalization is sometimes used to stabilize an individual who is struggling with a behavioral health crisis. While this is important, it is only the beginning of care. A follow-up after hospitalization for mental illness and ongoing treatment is essential for several reasons:

- Follow-up care helps patients maintain stable functioning
- Gains made during inpatient care are more likely to be kept with follow-up treatment
- Ongoing treatments and follow-up care reduce and delay hospitalizations in the future
- Failure to seek a follow up can worsen psychiatric symptoms



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### Mental Health Help is available:

- Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. The DWIHN website offers a free and anonymous assessment to help you determine if you or someone you care about should connect with a behavioral health professional.  
<https://screening.mentalhealthscreening.org/DWIHN>
- Another excellent digital tool to support mental health is myStrength, an app with web and mobile tools designed to support your goals and wellbeing. myStrength's highly interactive, individually-tailored resources allow users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health. Visit the DWIHN website to learn more:  
[https://www.dwihn.org/documents/myStrength\\_Flyer.pdf](https://www.dwihn.org/documents/myStrength_Flyer.pdf)
- If you or someone you know needs mental health, substance use or disability related information, please call our 24/7 Access Helpline at 800-241-4949. Information and resources can also be found on the DWIHN website: <https://www.dwihn.org/brochures-and-handouts-DWIHN-Services.pdf>



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