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Mental Health Awareness Month

May is Mental Health Awareness Month and the Health Plan of San Mateo (HPSM) wants to thank you for your commitment to reducing mental health stigma. The conversations you have with members can have a big impact on how they think about their mental health wellness. Please continue talking with members about their emotional wellness, including mental health and substance use, and provide screenings, brief interventions, referrals and care within your scope.

How do you routinely screen your members for mental health and substance use problems? Let us know your best practices by emailing PSInquiries@hpsm.org.

If you need assistance in screening members, here are some useful tools to get you started:

- Instructions and Scoresheet for Screening Members: www.hpsm.org/docs/default-source/provider-forms/behavioral_health_screening_scoresheet.pdf
- Initial Screening Tool: www.hpsm.org/docs/default-source/provider-forms/behavioral_health_screening_part_a.pdf
- Extended Screening Tool: www.hpsm.org/docs/default-source/provider-forms/behavioral_health_screening_parts_b-d.pdf
- Screening for Adverse Childhood Experiences (ACEs): www.acesaware.org/
- For a full list of our behavioral health resources please visit: www.hpsm.org/provider/behavioral-health/

For members you have screened and who are interested in receiving mental health services or exploring their relationship with drugs and alcohol, please use HPSM's Behavioral Health Referral Form: www.hpsm.org/docs/default-source/provider-forms/bhrs_referral_form.pdf

A provider referral is not required for members to access behavioral health care. Members and/or their families can inquire about services by calling the ACCESS Call Center at **800-686-0101, TDD: 800-943-2833**.

For questions or suggestions, please contact our Provider Services department at PSInquiries@hpsm.org.

Thank you for your continued commitment to our community,
The Health Plan of San Mateo

5/20/2022