

CaLARTS

MENTAL HEALTH RESOURCES





INTRODUCTION

YOUR MENTAL HEALTH RESOURCES

Mental health is a positive concept. It encompasses our emotions, our psyche and our social interactions. Having good mental health is more than the absence of illness. Rather, it's a state of holistic well-being.

If you or a loved one is struggling with a behavioral or mental health condition, you are not alone. These conditions are very common. One in five adults experience a mental illness each year. This also impacts families as caregivers of adults with mental or emotional health issues spend an average 32 hours per week providing unpaid care.

When we are mentally healthy, we can realize our abilities, cope with stress, work productively and contribute to society. As a CalArts employee, you have several resources available to maintain your mental health.

CalArts is committed to maintaining the privacy and confidentiality of all employees. Participation in any of the resources available and information provided by the employee will be confidential and will not be disclosed to CalArts.



The resources outlined in this guide are not emergency response services. In the event of a life-threatening emergency, call 9-1-1 or the National Suicide Hotline 1-800-273-8255.



EAP



YOUR EMPLOYEE ASSISTANCE PROGRAM

All eligible employees and their household members have access to the Employee Assistance Program (EAP) at no charge. The EAP offers services to help promote well-being and enhance the quality of life for you and your family.

Face-to-face counseling – up to 3 visits, per employee or household member, per issue

Telephonic counseling – unlimited, 24/7 consultations with master's and doctoral-level counselors

HELPING EMPLOYEES AND THEIR FAMILIES BE THEIR BEST



- Healthy living
- Stress management
- Mental health
- Diet and fitness
- Overall wellness



- Parenting support
- Child and elder care
- Learning programs
- Special needs help



- Legal issues
- Will preparation
- Taxes and debt
- ID theft services
- Financial tools and assistance
- Medical bill negotiation tools

CONNECT TO A COUNSELOR FOR COMPLIMENTARY SUPPORT SERVICES



1-800-386-7055



eapcounselor@uprisehealth.com



worklife.uprisehealth.com (Access code: worklife)



VIRTUAL CARE



24/7 VIRTUAL CARE

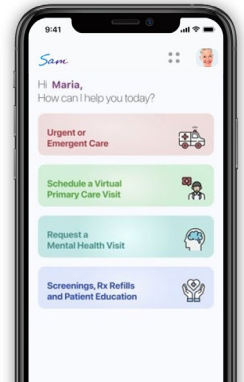
Employees and their enrolled dependents on the CalArts imagine360 Open Access medical plan have telehealth coverage via UCM Digital Health.

Get care virtually for a range of conditions from board-certified providers, licensed counselors, psychiatrists and care coordinators. Convenient access is available for primary care, emergent and urgent care, counseling and psychiatry.

Counseling and Psychiatry

- Anxiety
- Alcohol or drug abuse
- Mental health evaluation
- Marital & relationship issues
- Grief counseling
- New prescriptions
- Depression
- Child or family issues
- Caring for the caregiver
- Parenting
- Sexual, physical or mental abuse
- Maintenance medication refills

Download the "SAM by UCM" App



1-888-528-4655



www.imagine360.com/telehealth



MEDICAL



COVERAGE THROUGH YOUR MEDICAL PLAN

Employees and their enrolled dependents on the CalArts imagine360 Open Access medical plan have coverage for mental health and substance use disorder care in the medical plan.



Office Visits – \$0 copay



Inpatient Hospitalization – 20%

The calendar year out-of-pocket maximum (OOPM) is \$1,000 for an individual or \$2,000 for a family. An individual or family will pay no more than the OOPM for all combined covered services in the calendar year.



Prescriptions – Retail 30-day supply

generic	\$5 copay
brand	\$50 copay
non-formulary	\$75 copay
specialty	20% up to \$250

Member Services



Call the number on your Benefits ID card.

Monday – Thursday: 5 a.m. to 7 p.m. PT

Friday: 5 a.m. to 5 p.m. PT



OTHER RESOURCES

Be the Difference SCV

<https://www.bethedifferencescv.org/index.php>

California Health and Human Services Youth Mental Health Resources Hub

<https://www.chhs.ca.gov/youthresources/>

City of Santa Clarita

<https://santaclarita.gov/mental-health-resources/>

Los Angeles County Department of Mental Health

<https://dmh.lacounty.gov/get-help-now/>

National Alliance of Mental Illness (NAMI) – California

<https://namica.org/>