



Dear Parent or Caregiver,

Magellan Behavioral Care of Iowa manages your child's mental health and substance abuse benefits. Our records show that your child was recently treated in the hospital. We would like to help your family and your child with his or her recovery. We encourage you to use our services to help your child achieve good mental health and stay well.

Didn't the hospital cure my child?

Behavioral health care is different from medical care. Your child's treatment only *begins* in the hospital. It must be maintained through regular "aftercare" appointments. These appointments will teach your child how to deal with stress and other issues. Your child will also learn how to apply his or her treatment to everyday life. This will help in the recovery process.

How can Magellan help?

You may have already spoken with our consumer and family advocate. If you have not, she will call soon to make sure you understand your child's treatment plans. She can also help you set up an appointment.

Questions or concerns?

Contact Diane Johnson
Consumer & Family Advocate
1-800-317-3738
DLJohnson@MagellanHealth.com

It is embarrassing for my child!

Some people feel uneasy about seeing a counselor. But having your child work with a professional can make things a lot easier. It does not mean he or she is "crazy." Asking for help with a problem is a sign of personal strength.

A counselor's office is usually private and easy to get to. It should be quiet and comfortable. The information shared with the counselor is not shared outside of the office.

My child will see a counselor. Now what?

You or your child can ask the counselor questions about your child's illness and treatment. It might help to write down your questions before you go. Be sure to tell the counselor about any medicines your child is taking. Feel free to bring family members or friends for support.

Encourage your child to be open and honest with the counselor. The counselor's goal is to help your child get better.