

You may be able to get new Medi-Cal benefits!

Medi-Cal beneficiaries are eligible for new benefits that can help people get all the care they need to maintain their health and prevent complications.

Learn more about **Doula Services, Community Health Workers, and Peer Support Specialists.**

Doula Services

Doulas are non-medical professionals who provide emotional, physical, and informational support and guidance in different aspects of reproductive help. Doulas provide support before, during, and after childbirth. Doulas provide support during a miscarriage, stillbirth, or abortion.

A doula can help you:

- Advocate on your behalf during appointments
- Help you create a birth plan
- Help facilitate communication with care providers
- Provide emotional and physical support during and after labor
- Provide education on prenatal, postpartum, childbirth, and newborn/infant care

You may qualify for doula services today if you are pregnant or postpartum. You must be recommended by a physician or other licensed practitioner of the healing arts within their scope of practice. Once recommended to doula services, you are able to access 11 doula visits, in addition to labor and delivery or other end of pregnancy support services.

Doula services are available in both Managed Care and Fee-For-Service.

To find out more about Doula Services call your Medi-Cal managed care plan or your local county Medi-Cal office.

Community Health Workers/Promotores

Community Health Workers/Promotores (CHW/Ps) are frontline public health workers who provide support to help individuals address their health care needs. CHW/Ps serve as a link between health/social services and the community to increase access to services and improve the quality of service delivery. CHW/Ps may also be known as Community Health Representatives.

In Medi-Cal, CHW services are provided to individuals who need support in preventing disease, addressing mental health issues, substance use disorders, perinatal health conditions, reproductive health, oral health, child health, aging, injury, environmental and climate-sensitive health issues, domestic violence, violence prevention, and more.

A CHW/P can provide:

- Health education (providing information or instruction on health topics)
- Health navigation (providing trainings, referrals, or support to assist with accessing and understanding the healthcare system or connect to health-related community resources)
- Screening and assessment for health issues
- Individual support and advocacy
- Violence prevention services
- Asthma prevention services

You may qualify for CHW services if you face barriers meeting your health or health-related social needs and/or would benefit from such services (along with other qualifying criteria). CHW services require a written recommendation by a physician or other licensed practitioner of the healing arts within their scope of practice. The duration of services is dependent on the provider's recommendation.

CHW services are available in both Managed Care and Fee-For-Service.

To find out more about CHW services call your Medi-Cal managed care plan or your local county Medi-Cal office.

Peer Support Specialists

Peer support specialists (PSS) help people enter and stay engaged in the recovery process through shared understanding, respect, mutual empowerment, and shared life experiences. PSS have lived experience with behavioral health conditions including substance use disorder.

A Peer Support Specialist provide:

- Individual and group coaching to promote recovery, resiliency, self-sufficiency, self-advocacy, development of natural supports, and strengths
- Resource navigation
- Facilitate collaboration with the beneficiary and their support persons or family members
- Activities and support to encourage and support beneficiaries to participate in behavioral health treatment

You can access peer support specialists as a standalone service or in conjunction with other Specialty Mental Health, Drug Medi-Cal, Drug Medi-Cal Organized Delivery System, including inpatient and residential services.

For more information about Peer Support Specialists contact your County Mental Health Plan or County Drug and Alcohol Division.

For further assistance, call the Health Consumer Alliance at 1-888-804-3536.



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