

# What are CORE Services?

CORE stands for Community Oriented recovery and Empowerment Services. Our goal is to help you meet your goals and make the most out of the community resources that are available to you.

If you have mental health and/or substance use needs, CORE services can help you reach your personal and health goals.

## Where are CORE Services?

We assist individuals in improving their functional abilities to the greatest degree possible.

Our services can be provided where you live, work, learn, and socialize - wherever is most convenient for you.



# MHACG

MHA of Columbia-Greene

*Your bridge to wellbeing*

## Get in Touch



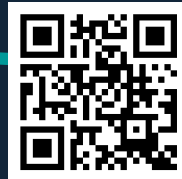
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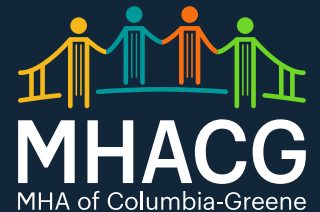


[www.mhacg.org](http://www.mhacg.org)



# CORE Services

Community Oriented Recovery and Empowerment (CORE) Services help you meet your goals and make the most out of your community resources.



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# CORE Services Benefits & Support



## Independence

- » Build life skills, such as how to manage your money or make new friends
- » Learn to live more independently, including how to use community resources
- » Discover ways to deal with stress
- » Choose where to get treatment and recovery services



## Education & Employment

- » Get support for accomplishing your education and work goals
- » Ongoing support, advocacy, and counseling to learn skills for success



## Health Management

- » Receive care that is focused on you and encourages wellness
- » Learn how to identify triggers and manage or prevent crises



## Peer & Family Supports

- » Get help from people who have been there
- » Learn from peers who know what you are going through
- » Help your family and friends learn skills that will support your recovery
- » Family support and training (FST) offers instruction, emotional support, and skill building necessary to facilitate engagement and participation of the family.

# Are CORE Services Available for Me?

## Eligibility

CORE Services are available to adults age 21 and over who are covered by Medicaid and enrolled in a Health and Recovery Plan (HARP).

Additionally, some people enrolled in HIV-Special Needs Plans and Medicaid Advantage Plus Plans can also be eligible.

To get started, speak with a Licensed Practitioner of the Health Arts, such as your physician, nurse, or your mental health counselor for a recommendation.

## What is a Health and Recovery Plan?

Health and Recovery Plans (HARPs) are Medicaid Managed Care Plans that pay for your physical and behavioral health care.

HARP staff who specialize in behavioral health (mental health and substance use), are available to listen and work with you.



Department  
of Health

Office of  
Mental Health

Office of Addiction  
Services and Supports