

Waxaad Heli Kartaa Caawimo Haddii Aadan Ku Qanacsanayn Adeegyadaada

Haddaad qabto tabasho ama jawaabcelin ku saabsan adeegyada aad heshay, fadlan la wadaag la-taliyahaaga ama barnaamijka. Waxaannu aad u rumaysannahay inuu habkan yahay sida ugu fiican ee aad u muujin karto tabashooyinkaaga. Shaqaalaha barnaamijka waxay heegan u yihiin inay wax ka qabtaan baahiyahaaga iyo inay ku dhageystaan. Haddii aadan ku niyad samayn inaad la hadasho shaqaalaha barnaamijka ama tabashooyinkaagu sii socdaan, waxaad markaa la xiriiri kartaa wakaaladaha soo socda:

- Si aad caawimo uga hesho xareynta la xidhiidha **adeegyada bukaan-jiif iyo/ama hoy**, waxa aad ka wici kartaa **Barnaamijka U Doodista Bukaanka ee Adeegyada Qoyska Yuhuudiga ah (JFS)** lambarka (619) 282-1134 or 1-800-479-2233.
- Si aad caawimo uga hesho xareynta la xidhiidha adeegyada bukaan-socodka, waxa aad wici kartaa **Xarunta Waxbarashada Caafimaadka iyo U Doodista Bukaanka "Consumer Center for Health Education and Advocacy" (CCHA)** adiga oo si bilaash ah uga wacaya (877) 734-3258 (TTY 1-800-735-2929).

Haddii aad cabasho ka qabto daryeelkaaga, rabto inaad rafcaan ka qaadato go'aan xaddidaya daryeelkaaga, ama rabto inaad ogaato xaaladda rafcaan ama cabasho, waxaad la xiriiri kartaa mid ka mid ah wakaaladaha sare ku xusan. Ka-faa'idaystayaasha Medi-Cal waxay heli karaan adeegyo iyo xuquuqo sida ku cad qawaaniinta Gobolka iyo Fadaraalka.

Sidoo kale waxaad gudbin kartaa rafcaan la dadajiyey marka hannaanka caadiga ah uu si daran khatar u gelinayo nolasha, caafimaadka, ama awoodda helitaanka, joogtaynta ama dib-u-helidda shaqaynta ugu badan.

Ma u baahan tahay macluumaad dheeraad ah?

Si aad u hesho macluumaad dheeraad ah oo ku saabsan Hannaanka Cabashada iyo Rafcaanka iyo xuquuqdaada sida ku cad SMHS iyo DMC-ODS, ka codso daryeel bixiyahaaga nuqul ah **Buug-gacmeedka Xubinta Caafimaadka Habdhaqanka ee Degmada San Diego** ama ka raadso nuqul onlayn [www.optumsandiego.com/Bogga Beneficiary](http://www.optumsandiego.com/BoggaBeneficiary) (Ka-Faa'idaystaha) & Families (Qoysaska).

Khayraad Faa'ido Badan

Khadka Helitaanka iyo Dhibta
888-724-7240 (TTY: 711)

Lambarkan bilaashka ah waxa la heli karaa 24 ka saac, 7 da maalmood ee toddobaadka waxayna bixisaa la-taliyeyaal kaaga jawaabi kara su'aalaha aad qabto isla markaana ku siin kara gudbinnada adeegyada caafimaadka maskaxda iyo adeegyada cilladda adeegsiga maandooriyaha.

Kooxda Jawaabta Dhibta ee Wareegta (MCRT)
<https://www.sandiegocounty.gov/content/sdc/mcrt.html>

Websaytka Caafimaadka Habdhaqan ee Degmada San Diego
<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>

Hagaha Adeeg-bixiyaha Degmada San Diego
<https://sdcountrybhs.com/ProviderDirectory>

Ayo Ayaa aan La Xidhiidhaa Haddii ay Igu Soo Dhacayaan Fekrado Qudh-iska-jarid?

Haddii adiga ama qof aad garanaysaa uu ku sugan yahay musiibo, fadlan ka wac 988 Laynka-caawimada ee Qudh-iska-jarista iyo Musiibada ee 988 ama Laynka-caawimada Kahortagga Qudh-iska-jarista Qaranka ee 1-800-273-TALK (8255). Wadahadal qoraal ayaa laga heli karaa barta <https://988lifeline.org/>.



Hagaha Fudud ee Xubinta Caafimaadka Habdhaqanka

Adeegyada Caafimaadka Maskaxeed ee Takhasuska ah (SMHS)

Nidaamka Gaarsiinta Abaabulan ee Drug Medi-Cal (DMC-ODS)

Adeegyada Caafimaadka Habdhaqan

Haddii aad u aragto in aad u baahan tahay adeegyada caafimaad habdhaqan (BH) sida adeegyada caafimaadka maskaxeed iyo/ama adeegyada cilladda adeegsiga maandooriyaha ee takhasuska, waxa aad wici kartaa degmadaada adiga oo adeegsanaya lambarka taleefanka ee ku qoran gadaasha buug-yarahan. Marka aad la xidhiidho degmada, waxa aad heli doontaa baadhis waxana lagu muddeyn doonaa ballan qiimeyn. Waxa aad sidoo kale ka codsan kartaa adeegyada caafimaadka habdhaqan qorshahaaga daryeelka la maareeyey (MCP) haddii aad tahay xubin. Haddii qorshahaaga daryeelka la maareeyey go'aamiyo inaad buuxisay shuruudaha helitaanka adeegyada caafimaadka habdhaqanka, qorshaha daryeelka la maareeyey wuxuu kaa caawin doonaa inaad hesho qiimayn si aad uga hesho adeegyada caafimaadka habdhaqan degmadaada. Ugu dambeyn, ma jirto waddo khaldan oo lagu helo adeegyada caafimaadka habdhaqan (BH). Waxaad xataa awoodi doontaa inaad ka hesho adeegyada caafimaadka habdhaqan qorshahaaga daryeelka la maareeyey marka lagu daro adeegyada caafimaadka habdhaqan ee degmadaada aad ka hesho. Waxa aad adeegyadan heli kartaa adiga oo u maraya adeeg-bixiyaha caafimaadka habdhaqan haddii adeeg-bixiyahaagu go'aamiyo in adeegyadu caafimaad ahaan munaasab kuu yihiin adiga illaa inta adeegyadaasi yihiin kuwo si wadajir ah loo qorsheeyey ee aanay ahayn kuwo lagu soo celceliyo.

Xuquuqdaada xubin Medi-Cal Ahaan:

Lagu la dhaqmo si ixtiraam shakhsiyeed leh isla markaana la ixtiraamo sharaftaada iyo sirnimadaada. Sharraxaad waadax ah oo la fahmi karo lagaa siiyo ikhtiyaarada daaweynta ee la heli karo. Aad ka qaybqaadato go'aanada la xidhiidha daryeelkaaga caafimaadka habdhaqan. Tan waxa kamid ah xaqa aad u leedahay inaad diiddo wixii daaweyn ah ee aanad dooneyn inaad hesho. Aad hesho buug-yaraha si aad wax uga ogaato adeegyada degmada, waajibaadka degmada, iyo xuquuqdaada. Aad dalbato nuqul ah diiwaanadaada caafimaad isla markaana aad codsato in isbeddello lagu sameeyo, haddii ay daruuri tahay. Aanad wajihin wax xannibaad ama gaar-yeelid ah oo laguugu soo rogo qaab qasbid, anshax-marin, shaqo-fudeydin, ama aargoosi ah.

Aad hesho daryeel wakhtiga munaasab ku ah 24/7 xaaladaha degdegga ah, kusooboodda ah, ama musiibada ah marka ay daruuri yihiin caafimaad ahaan. Marka aad codsato, aad hesho macluumaad qoraal ah oo ku diyaarsan qaabab kale sida farta indhoolka, daabacaadda farta waaweyn, iyo qaab dhegaysi ah wakhtiga munaasabka ah. Aad ka hesho adeegyada caafimaadka habdhaqan degmada taas oo raacda heshiiska ay la leedahay gobolka ee helitaanka, awoodda, isku dubaridka, kharash-bixinta, iyo ogolaanshaha daryeelka. Aad cabbirto xuquuqdaada adiga oo aan wajahayn isbeddello waxyeello leh oo lagu sameeyo daaweyntaada. Aad hesho daaweyn iyo adeegyo waafaqsan xuquuqdaada lagu sharraxay buug-yaraha iyo dhammaan shuruudca federaalka iyo kuwa gobolka ee khuseeya. Waxa aad yeelan kartaa shuruuc dheeraad ah oo hoos yimaadda sharciyada gobolka ee la xidhiidha daaweynta caafimaadka habdhaqan.

Nooca Adeegga la Heli Karo

Adeegyada DMC-ODS waxa ka mid ah:

- Wax-ka-qabadka Xilli Hore
- Baadhista, Ogaanshaha, iyo Daaweynta Hore ee Joogtada ah "Early Periodic Screening, Diagnosis, and Treatment"
- Bukaansocodka & Daaweynta Bukaansocodka ee Xooggan
- Daawaynta Guriga
- Barnaamijka Daaaweynta Xashiishadda "Narcotic Treatment Program"
- Maareynta Xaraaradda Joojinta Balwadda "Withdrawal Management"
- Daawooyinka Daaweynta Balwadda
- Dib Ugu Noqoshada Bulshada ee Dadka Ku Lugta Leh Garsoorka "Justice-Involved Reentry"
- Adeegyada Taageerada Faceed ee Medi-Cal
- Adeegyada Soo Kabashada "Recovery Services"
- Isku Dubaridka Daryeelka "Care Coordination"
- Maamulka Diyaargarowga
- Adeegyada Musiibooyinka ee Guurguura "Mobile Crisis Services"
- Nidaamyada Daryeelka Caafimaadka ee Soo-jireenka ah "Traditional Health Care Practices"
- Adeegyada Shaqaalaha Caafimaadka Bulsheed ee La Xoojiyey
- Shaqaaleynta La Taageero

Adeegyada SMH waxa ka mid ah:

- Adeegyada Bukaaniifka ee Dadka Waawayn
- Guriga Qofka Wayn & Guriga Dhibta
- Adeegyada Taageerada Daawooyinka "Medication Support Services"
- Wax-ka-qabashada Dhibta & Xasilinta Dhibta
- Daryeelka Daawaynta Maalintii & Baxnaaninta Maalintii
- Adeegyada Caafimaadka Bukaaniifka ee Carruurta & Dhallinyarta (oo ay ku jiraan SchoolLink, Juvenile Justice & barnaamijyo takhasus oo kale)
- Maaraynta Kiiska & Adeegyada Isku-duwidda Daryeelka
- Wax-ka-qabashada Dhibta & Xasilinta Dhibta
- Adeegyada Guriga ee Carruurta & Dhallinyarta
- Adeegyada Isbitaalka Bukaaniifka ee Caafimaadka Maskaxeed "Psychiatric Inpatient Hospital Services"
- Adeegyada Xarunta Caafimaadka Maskaxeed "Psychiatric Health Facility Services"
- Daryeelka Korinta Daaweyneed "Therapeutic Foster Care"
- Dib Ugu Noqoshada Bulshada ee Dadka Ku Lugta Leh Garsoorka "Justice-Involved Reentry"
- Adeegyada Taageerada Faceed ee Medi-Cal
- Adeegyada Musiibooyinka ee Guurguura "Mobile Crisis Services"
- Adeegyada Shaqaalaha Caafimaadka Bulsheed ee La Xoojiyey
- Shaqaaleynta La Taageero

Si aad u hesho macluumaadka dhammaystiran ee ku saabsan adeegyada la heli karo iyo sharraxaadda adeeg kasta, ka codso daryeel bixiyahaaga nuqul ah **Buug-gacmeedka Xubinta Caafimaadka Habdhaqanka ee Degmada San Diego** ama nuqul onlayn ka hel barta [www.optumsandiego.com bogga Beneficiary & Families](http://www.optumsandiego.com/bogga/Beneficiary%20and%20Families).