



## New Medicaid Adult Dental Benefit

**Beginning July 1, 2021**, all adult **Medicaid members** will have access to dental services and provider choices through DentaQuest, <https://dentaquest.com/>



### Covered Dental Services for Adults Enrolled in Medicaid will include:

- Cleanings and preventive care
- X-Rays and exams
- Fillings
- Dentures
- Root canals
- Gum-related treatment
- Oral surgeries
- And more!

*Children and pregnant individuals enrolled in Medicaid, FAMIS and FAMIS MOMS are already eligible to receive dental care.*

For more information call: 1-888-912-3456 or visit the DentaQuest website.

### App of the Month



My Dental Care is a free easy-to-use educational guide demonstrating what you can do at home to help protect your teeth and prevent dental problems. It was created by Dr. Shivam Divani to help promote good oral health at Barts and the Royal London Dental Hospital. There are six sections all relating to oral health which covers the main ways to protect your teeth. Tooth Decay, Oral hygiene, Gum Disease, Tooth Wear, Diet & Teeth, and Children's Teeth. (*App of the Month is not endorsed by DBHDS Office of Integrated Health. User accepts full responsibility for utilization of app.*)

### Step One: Find a Dentist

- Contact a DentaQuest representative at 1 (888) 912 – 3456.
- To find a dentist and learn more about the new dental benefit for adults enrolled in Medicaid.
- Visit the DentaQuest website for a listing of dentists who accept Medicaid in your zip code.
- Already have a dentist? Call and make sure that your provider accepts Medicaid coverage so you can receive quality services at no cost.
- Visit the DentaQuest Oral Health Library to learn more.

### Step Two: Call and make an appointment

- Be sure to tell the dental office that you are a Medicaid member.
- Remember to write down the date and time of the appointment.
- On the day of the appointment, bring your blue and white Medicaid card or your managed care health plan ID card. The dentist needs to see this card at every visit.
- You should visit your dentist every six months to make sure your teeth stay healthy.

### Step Three: Get a ride

- Transportation services are available to Medicaid members for their dentist appointments.
- Visit the Virginia Medicaid website to make a reservation for transportation.

### Step Four: Sign up for the DentaQuest Newsletter here -

<https://whatsnew.dentaquest.com/>



### ABA Snippets ...

#### **Acceptance and Commitment Therapy: A Brief Description and Resources**

Acceptance and Commitment Therapy, or “ACT” (pronounced as the word “act”), is an evidence-based behavior therapy, which utilizes verbal exercises to help individuals untangle from difficult thought processes and live their lives in accordance with what matters the most to them (1) (2). ACT incorporates acceptance and mindfulness techniques to bring awareness to one’s present moment without judgement, regardless of whether the moment is pleasant or unpleasant; such exercises are useful in developing a different relationship with one’s thoughts and feelings and the power they have over one’s overt behavior (2). At the core of ACT is the concept of psychological flexibility, which is the “...ability to feel and think with openness, to attend voluntarily to your experience of the present moment, and to move your life in directions that are important to you...” (4, p. 5). The evidence base for ACT is robust, and at the time of this ABA Snippet there are over 600 randomized control trials that demonstrate the efficacy of ACT across a wide range of trial areas, including but not limited to obsessive compulsive disorder, anxiety, and even psychosis (3) (5). Behaviorists, psychologists, social workers, counselors, and other practitioners, who provide services to individuals with advanced verbal repertoires and similarly complex patterns of behavior, may be interested in learning more about this therapeutic approach, and how its concepts can be incorporated into their practice.

Questions regarding ABA Snippets please contact our team at [nathan.habel@dbhds.virginia.gov](mailto:nathan.habel@dbhds.virginia.gov) or [sharon.bonaventura@dbhds.virginia.gov](mailto:sharon.bonaventura@dbhds.virginia.gov)

#### References

- (1) Cooper, J.O., Heron, T.E., & Heward, W.L. (2020). Applied behavior analysis: third edition. Pearson Education, Inc.
- (2) Harris, R. (2009). ACT made simple: an easy to read primer on acceptance and commitment therapy. New Harbinger Publications, Inc.
- (3) Hayes, S.C. (2021, May 27). Acceptance and commitment therapy exceeds 600 randomized controlled trials! Association for Contextual Behavioral Science. [https://contextualscience.org/news/acceptance\\_and\\_commitment\\_therapy\\_exceeds\\_600\\_randomized\\_controlled\\_trials](https://contextualscience.org/news/acceptance_and_commitment_therapy_exceeds_600_randomized_controlled_trials)
- (4) Hayes, S. C. (2020). A liberated mind: how to pivot toward what matters. Avery, an imprint of Penguin Random House LLC.
- (5) Society of Clinical Psychology: Division 12 American Psychological Association. (n.d.). Psychological treatments. <https://div12.org/treatments/>

### Up - Coming OIH Caregiver Training Sessions

**VDH Special Needs Oral Health** - Tuesday July 20, 2021 between 10:00 a.m. – 12:30 p.m.

Register in advance for this training at: [https://zoom.us/meeting/register/tJ0ocOCopj0qH9dANPILKZh4QpMlaKnY\\_KQZ](https://zoom.us/meeting/register/tJ0ocOCopj0qH9dANPILKZh4QpMlaKnY_KQZ)

**Mobile Rehab Engineering Team Services, Durable Medical Equipment and Assistive Technology** –

Thursday August 12, 2021 between 1:00 p.m. – 3:00 p.m.

Register in advance for this meeting: <https://dbhds.zoomgov.com/meeting/register/vJIsce-gqTktH2KeAL3HmF2-Rf0YAJF4M9k>

**Sepsis** - Tuesday August 24, 2021 between 10:00 a.m. – 12:00 p.m.

Register in advance for this training: <https://dbhds.zoomgov.com/meeting/register/vJltc--srDosE8xl7sYK4sEQhYkJK3thTmM>

**FALLS** -- Tuesday September 14, 2021 between 1:00 p.m. – 2:30 p.m.

Register in advance for this training session: <https://dbhds.zoomgov.com/meeting/register/vJIsduGqrzItHsKdNPhbEck7wXg-bXOFaCg>

**“When to Call 911” and Choking** - Thursday September 23, 2021 between 10:00 a.m. – 12:00 p.m.

Register in advance for this training: [https://dbhds.zoomgov.com/meeting/register/vJlrcumqjluHnLpRWBBp\\_JR-zD5KublJIE](https://dbhds.zoomgov.com/meeting/register/vJlrcumqjluHnLpRWBBp_JR-zD5KublJIE)

#### The Office of Integrated Health’s Registered Nurse Care Consultants

Christine Kocher: Region 5 – [christine.kocher@dbhds.virginia.gov](mailto:christine.kocher@dbhds.virginia.gov)

Jessa Sprouse: Region 1 & 4 - [jessa.sprouse@dbhds.virginia.gov](mailto:jessa.sprouse@dbhds.virginia.gov)

Joy Richardson: Region 3 & 4- [joy.richardson@dbhds.virginia.gov](mailto:joy.richardson@dbhds.virginia.gov)

Kay Rice: Region 1 & 4 – [Katherine.rice@dbhds.virginia.gov](mailto:Katherine.rice@dbhds.virginia.gov)

Marylou Bryan: Region 1, 2 & 5- [marylou.bryan@dbhds.virginia.gov](mailto:marylou.bryan@dbhds.virginia.gov)

Melissa Blevins: Region 3 - [melissa.blevins@dbhds.virginia.gov](mailto:melissa.blevins@dbhds.virginia.gov)

Tammie Williams: Region 2 & RNCC Team Lead- [tammie.williams@dbhds.virginia.gov](mailto:tammie.williams@dbhds.virginia.gov)