

DENTAL FUNDING IN EARLY RECOVERY

These are the steps that I took to get all of my dental work paid for while in recovery. It's meant to be an unofficial addendum to the MDRNS Checklist (attached). This is Frederick County specific information, but contact your local Health Dept (behavioral health) for county-specific info on what assistance they can provide, and if the steps are the same or similar.

Receiving this funding was contingent on 1.) me being in a program and 2.) having a state care coordinator to process the paperwork—but you can get started on everything even if you do not have one yet. The dental procedures I needed were *extensive* and *very expensive*, so mine is basically a maximum-benefit, worst-case scenario. If you only need extractions and cavities, skip to step 7. But if you need a lot of stuff done, or you're not sure, here are the steps I took:

1. **Make sure you get a state care coordinator** through the Health Department. You can be assigned to one via referral from the "aftercare coordinator" at your program. You can also contact the Behavioral Health division of the Health Department in your county. I've listed the Frederick County contact information below. In order to get MDRNS funding from the state, you have to have a state care coordinator to process the paperwork.
2. **Get an updated treatment verification** thru your counselor. This proves you're in a program. You have to remain in some kind of treatment (PHP/IOP/OP) to be eligible for funding.
3. **Get a copy of your TDAP** or any other monthly income.
4. **Call MD Healthy Smiles** to make sure you are enrolled in their Adult Program (specify: not pregnant, over 21). MDHS is an \$800 credit that is an extension of Medicaid and is applied to pretty much ANYthing dental. You have to use it before the end of the year. NOT all dentists *accept* this program, though, so you have to find one who does.
 - If you *don't* have MD Healthy Smiles, **call University of Maryland Dental School** to see if they accept your insurance. While they do not accept MDHS, they *are* a much cheaper option. The cost of procedures at dental schools is about half of what it would be at a regular dentist, and I've found that the care is the same if not better. This is a good option especially if you need extensive work done— even though you are asking the state to pay, they want to see that you've done *everything* in your power to reduce the cost.
5. **Find a dentist that accepts both your insurance AND Maryland Healthy Smiles.** You can do this by calling MD Healthy Smiles, and they should be able to give you a list. I also attached a one here. The state works closely with Frederick Family Dental, so start there.
6. **Get a treatment plan from your dentist** at your first appointment. This should be an itemized list of everything you need to get done, plus costs, and what your insurance will and will not pay for.

7. **Ask your dentist for a letter** stating that the procedures are *medically necessary*. I have attached a sample of what mine looks like.
8. **Write a statement** about “how getting your teeth fixed will affect your treatment goals in recovery.” This proved really valuable for me, because I was able to tweak it and use it for several different requests for assistance later on down the road. I suggest that it be about ½ or 1 page long.
9. **Call Mission of Mercy if you need extractions.** If your need teeth pulled, the state won't pay for that because you can get them done here for free.
10. **Make an appointment at Affordable Dentures.** If you need dentures or partials, this step is required. But even if you don't, make the appointment anyway— as part of the consultation, they give you free panoramic x-rays, which are usually \$95 out of pocket anywhere else.
11. **Get a treatment plan from Affordable Dentures.** *Pro-tip: Before you leave the appointment, make sure you ask them to email you a copy of your panoramic x-rays. This way, you can take them to any dentist you choose.*
12. **Call 3 resources in the community and write down the results** on the form. Basically what will happen here is, you'll call and say “I have a dental bill of \$500, I was wondering if you could help me pay for any of it,” and they will probably say NO, and you have to document it. This is so the state officially knows that you tried to seek assistance from the community before they paid for it themselves.
13. Lastly, put all these things together into a packet, per the “**MDRNS Funding Checklist,**” and give it to your state care coordinator, when you get one. She'll have you sign some paperwork, and it will take about a week to get your funding approved. The money will be paid directly to your dentist(s).

IF:

- If you're over 51, call the The Religious Coalition for dental assistance.
- If you're pregnant, these steps would probably not apply (MD has great dental assistance for pregnant women).
- If you need extensive work done and you need extra financial help aside from the state (exceeding \$2500), consider asking for a micro-grant from **The Joseph A Hekimian Fund**. They are a fantastic organization to be a part of and offer grants to individuals in recovery for a variety of different things, not just dental. Being a recipient of this is an honor and is a valuable resource in more ways than just dental. I received this grant myself, so if you have any questions or need help writing your proposal, feel free to email me personally.

Contact Info

Frederick County Health Dept (Behavioral Health) Care Coordinator -
(301) 600-1755 and (301) 600-3233
Maryland Healthy Smiles - (855) 934-9812
University of Maryland Dental School - (410) 706-2940

Frederick Family Dental - (301) 624-5999

Mission of Mercy - (410) 390-1314

Affordable Dentures - (240) 200-5207

Joseph A. Hekimian Legacy Fund - <http://josephahekimianlegacy.org>

Harley J. (that's me! :) - hjayyy3@icloud.com

For the “3 Resources” form:

St. Vincent DePaul - (301) 662-4676

Salvation Army - (301) 662-2311

FCAA (if you have a mental health diagnosis) - (301) 600-1506

The Religious Coalition (if over 51) - (301) 631-2670

Attached: Three Resources in the Community form, Checklist, and list of providers.

Last updated 2/11/2022

Three Resources in the Community

Organization Called: _____

Who was spoken to: _____

Date/Time of Phone Call: _____ @ _____ PM/AM

Outcome of the call/ Can they provide assistance? Y/ N

Organization Called: _____

Who was spoken to: _____

Date/Time of Phone Call: _____ @ _____ PM/AM

Outcome of the call/ Can they provide assistance? Y/ N

Organization Called: _____

Who was spoken to: _____

Date/Time of Phone Call: _____ @ _____ PM/AM

Outcome of the call/ Can they provide assistance? Y/ N

MDRN/CSS requests for dentures or implant services

For extractions: Schedule an appointment with Mission of Mercy 410-390-1214. If Mission of Mercy isn't available within 3 months, you can find another Cecil if that will exhaust your insurance. You must provide a letter from the provider that states all extractions are medically necessary.

For dentures or implants: Please make an appointment with Affordable Dentures in Hagerstown 240-200-5207. Affordable Dentures does NOT take insurance.

Over 51? Apply for dental service assistance with the Religious Coalition.

Please submit all of the following along with the MDRN/CSS funds application:

- 1.) _____ I have attached a letter from my dentist that states the procedure is **medically necessary**.
- 2.) _____ I have provided the dentist's treatment plan and a breakdown of costs.
- 3.) _____ I have attached my treatment plan and a breakdown of costs from Affordable Dentures.
- 4.) _____ I have attached a statement explaining how the requested service will help me achieve my individual recovery goals.
- 5.) _____ I have attached proof of any income (wages, SSI/SSDI, TDAP, etc).
- 6.) _____ I have attached a signed release of information for my dental provider(s).
- 7.) _____ I have attached a **new** treatment verification letter (provided by your counselor).
- 8.) _____ I have completed the **Three Resources** in the Community Form.

