

**OFFICE OF THE COUNTY EXECUTIVE  
ALL-EMPLOYEES MEMORANDUM**

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**DATE: OCTOBER 2, 2023**

**EMPLOYEE MEDICAL HEALTH PLAN OF SUFFOLK COUNTY (EMHP)**

**MENTAL HEALTH - SELF CARE BY ABLETO NEW SUPPORT FOR  
TEENS**

As part of our continuing effort to provide our members with important updates regarding the Employee Medical Health Plan of Suffolk County (EMHP), the Labor/Management Committee, which oversees the EMHP, would like to provide you with an important update concerning your Mental Health and Substance Use Disorder benefits.

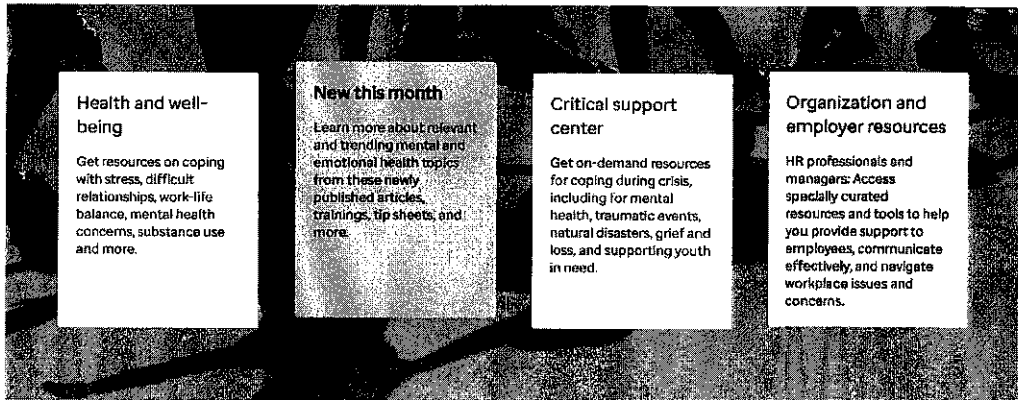
In response to the increasing need to support teen mental health Optum Behavioral Health, your Mental Health/Substance Use Disorder benefits administrator, is now offering curated contact for teens ages 13 – 19. The program is called “Self Care by AbleTo” and is now available, through the [www.optumwellbeing.com](http://www.optumwellbeing.com) website. Your teen will have direct, confidential access to the Self Care by AbleTo program using access code “teen”. In addition, there is no cost to participate in this program.

Many youth are facing mental health concerns. Research shows when they feel seen, heard and validated, they are more likely to trust someone to help them. This month, let’s explore ways to help them cope in the moment and get the support they may need.

Your teen can access the engagement toolkit through [www.optumwellbeing.com](http://www.optumwellbeing.com), under “New this month”, under the “August 2023” link, to have access to the following:

- a mental health conversation starter for teens
- a meditation on improving your focus
- an article with 7 ways to help kids manage stress
- a worksheet for teens on setting social media boundaries
- a quick-hit list of ideas for clearing your mind
- member training course on “Building Awareness and Practical Strategies for Supporting Neurodivergent Family and Friends.”

Once your teen accesses the website, they can click on “New this month” to see all the available articles and videos under the “August 2023 – Youth Mental Health” section below.



– August 2023

Youth Mental Health

Many youth around the world are facing mental health concerns. Research shows when they feel seen, heard and validated, they are more likely to trust someone to help them. This month, let's explore ways to help them cope in the moment and get the support they may need.



FEATURED APP

**Self Care by AbleTo**

Explore Self Care resources for teens ages 13-19 on the AbleTo app using code "teen".

[Read more](#)



FEATURED VIDEO

**Improving your attention**

The arrival of a new season often brings in more structure and to-dos. Train your focus using this guided meditation.

[Watch video](#)



FEATURED ARTICLE

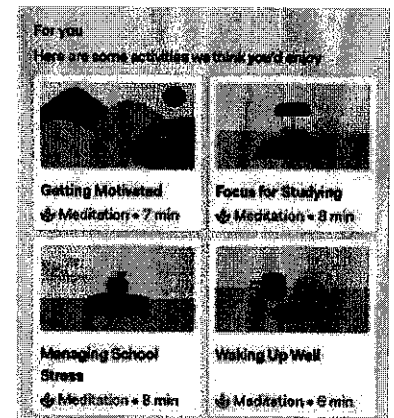
**7 Ways to help kids manage stress**

It's easy to forget that being a kid can be stressful. Learn how to identify if your kid is stressed and discover healthy ways to help them manage it.

[Read article](#)

Frequently Asked Questions:

1. Once a teen uses the access code, how long will they have access to Self Care by AbleTo?  
*The membership will be available for 12 months from the date the user registers.*
2. After a teen turns 18, does their access change?  
*No, their access will not change.*
3. Is there a cost for the teen to download the Self Care by AbleTo app or access the tailored content?  
*No.*



4. If a teen accesses Self Care by AbleTo, will their experience be different?  
*Most of the Self Care program features and tools will be the same. However, due to clinical guidelines, users ages 13-17 will not have access to complete the Patient Health*

*Questionnaire (PHQ-9) or Generalized Anxiety Disorder 7 (GAD-7) assessments or access the community journal feature.*

5. How do teens access Self Care by Self Care by AbleTo?

*Users can access Self Care by visiting [www.ableto.com/begin](http://www.ableto.com/begin). Once there, users will click "get started" and they will be prompted to enter their access code "teen". From there, users can follow the prompts to complete their registration.*



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**LISA BLACK**  
**CHIEF DEPUTY COUNTY EXECUTIVE**

Distribution: One copy per employee