



SAJE

Strengthening Abilities and
Journeys of Empowerment

SAJE Mental Health and Counselling Benefit FAQ

*for Young Adults served by the Ministry of Children and Family Development (MCFD) or
an Indigenous Child and Family Service Agency (ICFSA)*



SAJE

Strengthening Abilities and
Journeys of Empowerment

Purpose

The SAJE Mental Health and Counselling Benefit provides funds for young adults from government care (including Indigenous Child and Family Service Agencies [ICFSA]) to access services to improve mental and emotional health and well-being, including addressing experiences of trauma. The benefit covers the costs of mental health and counselling services up to \$1,500 per calendar year.

Eligibility

Young adults on post-majority agreements, including Agreements with Young Adults (AYA) Temporary Support Agreements (TSA) or Temporary Housing Agreements (THA) can access this benefit.

Contact Information

If you are not sure if this benefit is available to you, contact your Ministry of Children and Family Development (MCFD) worker, SAJE Guide or ICFSA worker, or contact SAJE Provincial Support Services (SPSS).

SPSS is a dedicated team who respond to your general emails, answer your phone calls, and will receive your benefit applications. If you have questions about the Mental Health and Counselling Benefit, they can be reached by you or your service provider at:

SAJE Provincial Support Services (SPSS)

Phone: 1 (866) 623-3001

Email: MCF.SAJE@gov.bc.ca



Frequently Asked Questions

1. Who can access the SAJE Mental Health and Counselling Benefit?

Anyone on a post-majority agreement with MCFD or an ICFSA.

Legal Status	Eligible for \$1500/year benefit
Temporary Housing Agreement (THA)	✓
Temporary Support Agreement (TSA)	✓
Agreements with Young Adults (AYA)	✓

2. What services are covered?

Three types of service providers are covered under the SAJE Mental Health and Counselling Benefit:

- a) **Regulated or Registered Mental Health Professionals.** These service providers are limited to the following:
- Clinical Counsellors
 - Psychologists
 - Social Workers
- b) **Other Unregulated Mental Health Service Providers.** These service providers provide evidence-informed therapeutic services designed to improve mental and emotional health and well-being. They may be registered or have a certification but are not regulated by a professional body. Examples include:
- Art Therapists
 - Music Therapists
 - Equine Therapists
 - Behavioural Consultants
- c) **Cultural Healing Services.** To be approved for cultural healing services you will be asked to provide a brief description of the service and confirm that the goal of the service is to improve mental and emotional well-being. Examples include:
- Traditional healing practices
 - Time with Elders
 - Sweat Lodges
 - Land-based healing
 - Healing Houses



SAJE

Strengthening Abilities and
Journeys of Empowerment

3. How do I get mental health and counselling services covered by the SAJE Mental Health and Counselling Benefit?

- i. Review the three types of services that can be covered and decide which is best for you.
- ii. Choose a counsellor or service provider who provides services in one of these three areas.
- iii. Gather information about your service provider and complete a *Request for SAJE Mental Health and Counselling Benefits Form*.
- iv. Wait for confirmation that the counsellor or service provider you chose is approved.
- v. Once approved, you and your counsellor or service provider will receive an approval letter. Your approval letter will include details about your benefits.
- vi. SPSS will administer payment with your counsellor or service provider directly. Your counsellor or service provider will invoice and receive payment from the SAJE Mental Health and Counselling Benefit. For any questions, they can contact SPSS at: **1 (866) 623-3001** or MCF.SAJE@gov.bc.ca.

When scheduling your first appointment, confirm with your counsellor or service provider that the cost of services will be covered through MCFD's SAJE Mental Health and Counselling Benefit. Do not pay your counsellor or service provider yourself.

- vii. You can change or add another counsellor or service provider at any time by sending a new *Request for SAJE Mental Health and Counselling Benefits Form*. A new approval letter will be sent to you and your counsellor or service provider once approved.

If you need to miss an appointment, please cancel ahead of time. The SAJE Mental Health and Counselling Benefit does **not** pay for missed appointments. It is the young adult's responsibility to pay for missed appointments.



SAJE

Strengthening Abilities and
Journeys of Empowerment

- viii. If your cultural based healing service provider is unable to issue invoices please contact us at **1 (866) 623-3001** or by email at MCF.SAJE@gov.bc.ca to see if alternative billing or payment arrangements can be made.

4. How much does the SAJE Mental Health and Counselling Benefit cover?

The maximum amount the benefit will cover is \$1,500 per calendar year, January 1 to December 31.

5. What services are not covered by the benefit?

Only services (not material items) are covered under the SAJE Mental Health and Counselling Benefit. The following items are **not** covered under this benefit:

- Supplies and tools
- Online subscription-based services
- Courses or training
- Assessments
- Respite or childcare
- Travel
- Consumables including herbs or medicines
- Other equipment or supplies including dress, gifts, technology, and household items
- Medical services that are licensed and regulated but not specifically for mental health (e.g., physiotherapy, massage therapy, etc.)

Examples of other services that are not covered by this benefit include:

- Crystal therapy
- Hypnosis
- Psychics
- Recreational Sports
- Lessons for recreational activities
- Medical services not already listed as approved
- Services supplied out of province
- Psychiatric emergencies for people at risk of harm to self or others
- Services funded by other programs (e.g., Medical Services Plan [MSP])



SAJE

Strengthening Abilities and
Journeys of Empowerment

6. The service provider I chose was denied. What do I do?

Only services (not equipment, travel, etc.) designed to improve mental and emotional health and well-being will be approved. If you believe your counsellor or service provider was denied incorrectly, please contact SPSS at **1 (866) 623-3001** or MCF.SAJE@gov.bc.ca to have your request reviewed again.

7. How do I find a counsellor or service provider?

It is up to you to decide what the best service is and who the best counsellor or service provider is for you. ICfSA and MCFD staff (including SAJE staff) can support you to learn about different types of counselling and services, and how to find different service providers or counsellors, but they cannot suggest a specific service provider for you. For more information on types of mental health and counselling services for young adults transitioning out of government care, please visit: AgedOut.com.

8. How does my counsellor or service provider get paid?

Once you submit the *Request for SAJE Mental Health and Counselling Benefit Form* and you have received the approval letter, the service provider can send an invoice directly to SPSS for payment. The SAJE Mental Health and Counselling Benefit will not reimburse young adults for the following:

- Money you paid directly to your counsellor or service provider;
- Services you have not received (i.e., a counsellor or service provider will not be paid before appointments, or if an appointment is missed); or
- Services you haven't received approval for.

9. What happens if I'm unable to attend a session with an approved counsellor/service provider?

If you are unable to attend a scheduled session, make sure to follow the service provider's cancellation policy and cancel the session as soon as possible. The SAJE Mental Health and Counselling Benefit does **not** pay for missed appointments. It is the young adult's responsibility to pay for missed appointments.

10. What if the item or service I want is not covered under this benefit?

To discuss other funding sources available to you, please reach out to your ICfSA or MCFD worker, or SAJE Guide. If you do not have a worker or SAJE Guide, you can contact SPSS by phone **1 (866) 623-3001** or MCF.SAJE@gov.bc.ca.