



Have you been diagnosed with a **mental, behavioral, or emotional disorder?** Does it limit your ability to do **daily activities?**

Health First Colorado can help you **get the support you need** through a program called the **Community Mental Health Supports (CMHS) Waiver**



# What is a Waiver?

Home and Community Based Services (HCBS) Waivers are programs offering **services and benefits** to help people with **specific health conditions** live more independently in the community. Waiver programs give you

**choice, control, and access to  
a full array of supportive services.**



## Community Mental Health Supports (CMHS) Waiver

If you're living with a **mental illness**, the CMHS Waiver can provide you with **services and supports** so you can continue living **in your home or community**.

### Services Available

- Adult Day Services
- Alternative Care Facilities
- Consumer Directed Attendant Support Services (CDASS)
- Home Delivered Meals
- Home Modifications
- Homemaker Services (with Remote Supports options)
- Life Skills Training
- Medication Reminder
- Non-Medical Transportation
- Peer Mentorship
- Personal Care (with Remote Supports options)
- Personal Emergency Response System (PERS)
- Respite Care
- Transition Set Up

### Learn More

[hcpf.colorado.gov/cmhs](http://hcpf.colorado.gov/cmhs)



# How can I get these services?

## You may qualify if you:

- Are 18 or older with a diagnosed mental, behavioral, or emotional disorder
- Need assistance with daily activities as a result of severe and persistent mental health needs
- Require long-term support services comparable to services provided in a nursing facility

## If you are a Health First Colorado member:

Contact your local Case Management Agency to see if you qualify for the Community Mental Health Supports Waiver. A Case Management Agency (CMA) helps you see if this program is right for you and helps you find services.

## If you are NOT a Health First Colorado member:

Contact your local CMA,  
or apply online at: [co.gov/PEAK](https://co.gov/PEAK)





If you have been diagnosed with a **mental, behavioral or emotional disorder**, Health First Colorado can provide **supportive services** to help you with activities of daily living.

## Contact Us

If you have questions about this program, contact your local **Case Management Agency (CMA)**.



To find your local CMA, go to:

[hcpf.colorado.gov/CMA](https://hcpf.colorado.gov/CMA)

Or, your **County Human Services Office**

[hcpf.colorado.gov/counties](https://hcpf.colorado.gov/counties)

Or, email:

[HCPF\\_HCBS\\_Questions@state.co.us](mailto:HCPF_HCBS_Questions@state.co.us)



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