

# What to Expect:

## Case Management Services

Behavioral Health Home, which is Nystrom's Case Management program, serves people who are on Medical Assistance & have a mental health diagnosis.

Once enrolled, the client gets monthly access to: a registered nurse, case manager and community health worker. Team members meet with clients 1-2 times/month.

### We support adult & senior clients on goals related to:

- ▶ Connection to health care services
- ▶ Connection to preventative care
- ▶ Connection to mental health services
- ▶ Connection to county & community programs for housing, benefits, jobs & more

We can coordinate care with: your primary care provider, therapist, medication provider, county, hospital & more to help you with your goals.

Our teams are located in Apple Valley, Baxter, Bloomington, Cambridge, Duluth, Maple Grove, Moorhead, New Brighton, Otsego, Rochester, Saint Cloud, and Woodbury.

### Make A Referral

- ▶ If you live close to one of the clinics above, call us at 1-844-697-8766
- ▶ Go to [www.nystromcounseling.com](http://www.nystromcounseling.com) and click on "Make A Referral" in the top Menu
- ▶ Please indicate that you are making a referral for "Case Management/BHH"
- ▶ Desired date of transfer if receiving targeted case management, BHH or ACT elsewhere
- ▶ Our case management program coordinator looks at all referrals and if it isn't a good fit, will recommend other programs.