

*What to Expect:*

## Case Management Services

Case Management is a program that provides clients with a team of workers to assist with identifying and meeting their overall health and wellness goals.

### Who is eligible?

- ▶ Individuals receiving Medical Assistance
- ▶ Adults with diagnosis of serious mental illness (SMI)
- ▶ Children with diagnosis of emotional disturbance (ED)
- ▶ Enrollees not receiving other targeted case management services.
- ▶ Both MA and PMAP cover Case Management.

### What can I expect?

- ▶ A team consisting of a Registered Nurse, Systems Navigator (Case Manager), and Qualified Health Home Specialist (Peer Support Specialist) who meet with you in your home, in the community, or by phone to assist you with identifying and achieving your wellness goals
- ▶ Once a month contact at a minimum to assist you with referrals, resources, and care coordination
- ▶ You may work with this team until your needs are met
- ▶ Case Management will coordinate with your ARHMS worker.

### How is this helpful?

- ▶ Assess all areas of your life, including physical and mental health, and help you manage what isn't going well
- ▶ Help you get regular medical and mental health services
- ▶ Assist you to find and use social and community supports
- ▶ Learn healthy lifestyle routines
- ▶ Action planning with you to address health conditions and life situations
- ▶ Coordinate your health care and social services needs
- ▶ Provide information so that you can make informed, healthy choices
- ▶ Support your wellness, recovery and resiliency

To find out if we provide Case management services in your area, please call:

**1-844-NYSTROM**

Or visit:

**[www.nystromcounseling.com](http://www.nystromcounseling.com)**