

What to Expect:

Case Management Services

Case Management (previously known as Behavioral Health Home) is a monthly service that provides support for individuals with a mental health diagnosis & on Medical Assistance (MA/PMAP). It's a lower level of care & considered a step-down from community services like: ARMHS, Targeted Case Management, or Assertive Community Treatment. Once enrolled, your team will include a case manager, nurse & either a peer support specialist or community health worker.

We support adult & senior clients on goals related to:

- ▶ Connection to preventative care
- ▶ Connection to mental health services
- ▶ Connection to community programs such as housing, food shelves, employment, etc.
- ▶ Transitions in care

We coordinate care with waiver case managers; care coordinators, hospitals, TCU's & other community supports to assist in stabilization & goal attainment.

We have 9 locations that serve the state: Duluth, Moorhead, Baxter, St. Cloud, New Brighton, Otsego, Apple Valley, Bloomington & Rochester.

Make A Referral

- ▶ Go to 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"
- ▶ Specify what goals the client has
- ▶ Primary mental health and physical health diagnoses
- ▶ Other services involved
- ▶ Desired date of transfer if receiving targeted case management, BHH or ACT elsewhere

Questions?

- ▶ Contact Leah Leyk, Program Manager at LLeyk@nystromcounseling.com or Lauren Foster, Director of Case Management at LFoster2@nystromcounseling.com