



Case Management & Skills Training Services

Care Managers are trained professionals who are knowledgeable about your community and local resources. These professionals work with you and your treatment team to coordinate and facilitate achievement of your treatment goals. Activities Care Managers can assist you with include but are not limited to:

- ◆ Linking with local resources (food pantries, heating assistance, housing assistance, Social Security benefits, Medicaid benefits, primary care services, trustee's office, etc). Care Managers can help you become linked to services that you may be eligible to receive.
- ◆ Advocating for your rights such as school case conferences, debt collectors, hospitals and physicians.
- ◆ Coordinating with other professionals (physicians, school administrators, teachers, social workers, other professional medical staff and coordination of transportation through Medicaid for primary health services, Department of Children's Services, probation officers and the legal system).
- ◆ Providing services that help with implementing your treatment plan, arranging services through other local agencies and assessing your current needs.
- ◆ Development of your specific treatment plan and goals that you want to achieve during your time with Hamilton Center.



Skill building is the teaching of new skills or further development of already existing skills. By using a variety of instructional tools, Care Managers help with increasing your understanding and skill level in several life areas. We utilize one on one and group instruction to help you enhance your skills in these areas. Activities or areas that we can assist you with include but are not limited to:

- ◆ Learning how to cope with symptoms of your illness in every day life.
- ◆ Increasing parenting abilities such as setting limits and age appropriate behaviors.
- ◆ Building social skills to increase relationship success.
- ◆ Learning how to better manage your anger.
- ◆ Learning about grief and how to cope with loss.
- ◆ Developing living skills such as budgeting, meal planning, price comparison, bargain shopping, balancing a budget, setting up and using checking and savings accounts, etc.
- ◆ Learning how to manage your physical health, nutritional instruction and cooking skills.
- ◆ Developing coping, assertiveness, communication and self confidence skills.
- ◆ Increasing your home care skills by teaching you how to clean and organize your home.
- ◆ Helping you understand the role of medication in your treatment.
- ◆ Decreasing deficits with personal care or hygiene.
- ◆ School based services focused on issues that may be causing your child difficulty with being successful in the school setting.

These are just a few of the activities that the Care Manager can assist you with during your time at the Hamilton Center. These services are in addition to your therapy services and can assist you or your family member. If you have Medicaid you may be eligible for these services. A Care Manager may contact you in 7-10 days to discuss your treatment options and becoming involved with these services.

Please talk to your therapist if you have any further questions.