



Are you someone who sometimes feels lost in the system?

Do not feel lost any longer! Your case manager is here to help coordinate an action plan, advocate on your behalf, network with all organizations you are involved with, organize what steps to take next, prioritize and identify the gaps in services that you may experience.

Your Case Manager cannot provide direct one on one counseling or therapy but they can be here to help guide you through your healing journey.

Your Case Manager Can:

- Help you develop a plan for success
- Speed up service delivery
- Provide a support network
- Work together to coordinate services
- Assist in obtaining referrals
- Improve Communication
- Advocate for you
- Include you in decision making

Having your voice heard is essential to empowering you to maintain and sustain your mental health healing plan. Having the people you are working with to come together as a team to work with you and your own personal case manager to fit your needs. Does this sound like something that you might be interested in?

**Tui'kn Partnership Mental Health Teams and Case Management can help.**

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## **What is Case Management?**

*A group of professionals from their respective agencies, who are working as part of the Case Management Team, to provide better services to clients in Unamak'i. This process will make sure clients receive services quickly and efficiently and "don't slip through the cracks." The goal of Case Management is your **SUCCESS**.*

*At the meetings we discuss your current situation, services you may need, any services your parents/family may need, what services, if any, your teacher(s) may need. Before the end of the meeting we decide on a plan of action to follow-up with you. These plans will be discussed and you can decide on how to proceed. Eventually, you will be asked to attend a meeting to take an equal part in the planning and decision making process for your future.*

## **What are the benefits?**

*By having at least 4 professionals discussing your case in a **confidential** manner, your input will enable your team to brainstorm a plan of action to **help** you. Perhaps, for the first time, you have the undivided attention of people who are **genuinely** interested in making sure that you are successful in whatever you choose to make of your life and they are prepared to help you **achieve** your goals. You will also have one main contact person, your anchor, instead of having to communicate with multiple agencies and personnel.*

## **What information will be shared?**

*The information shared about you typically includes your present living conditions, any special circumstances you may find yourself in, whether you have any involvement with the law/criminal justice system, have children, have a history of drug/alcohol/solvent use, educational history, special skills or needs, positive characteristics and personality traits, likes and dislikes, activities that you have presently enjoy or enjoyed in the past. From this information we will attempt to design an action plan that looks at what can be offered to you, your family (if they are willing to participate) and your teachers (if you are enrolled or prepared to enroll in school).*

## **What will be done with this information?**

*The information that is collected at this meeting is kept in one file, maintained by the Case Management staff of Tui'kn Partnership. Access to this file is limited to only those people who have involvement with your case. Should anyone else require access to this information you or your parents/guardians will be consulted.*

*If a referral will be made to another agency/organization only relevant information will be forwarded.*

## **How do I get my name removed from the Case Management Team?**

*Tell the person (anchor) who is meeting with you today that you no longer see any benefit to case management and want to be removed from the Case Management Team. They will assist you with submitting a written request to have your name removed.*

*Please understand that it may take time for everyone to be notified of the change of status in your case, however, we will make every attempt to accommodate your wishes, within a reasonable period of time.*

Phone: 902-379-2910 (Eskasoni Mental Health) or 902-379-1056 (Case Management Office)