

CASE MANAGEMENT



Once admitted to SBS, clients are paired with a master's level clinician to support them in reaching their goals. Case managers facilitate an open dialogue between each client's outpatient team, family members and other important stakeholders to streamline care coordination, continuity of care and collaboration on treatment goals. Case management begins with the development of an individual support plan (ISP) to outline goals that clients would like to achieve over the course of their work with us. Our clients take an active role in the treatment process, while working alongside their case manager to choose goals customized to their unique strengths and needs, while at the same time identifying barriers and paths to their success. Case management meetings and their frequency are tailored to the level of support each client needs and may be more task or process oriented depending on each client's specific needs.

Case management may include:

- Therapeutic coaching
- Life skills coaching
- Executive functioning coaching
- Financial management including creating and implementing an individualized budget
- Assistance with developing daily and weekly structure
- Weekly meal planning and rotation of groceries
- Time management support
- General apartment organization and maintenance
- Advocating for needs and obtaining additional outside benefits when needed
- General daily support and coaching
- Support with doctor appointments
- Assistance with learning public transportation
- Other supports to assist in fostering independence and autonomy