

Case Management

Southwest Counseling Service provides mental health and substance abuse case management services for clients.

Case management is a coordinated effort between the client, clinician, and case manager to help find additional resources in the community for our clients.

Our case managers and/or clinicians work directly with clients to provide them additional help and support that benefits their treatment.

Case management is made up of five components:

- Linkage
- Follow-Up
- Referrals
- Advocacy
- Crisis Intervention

A client's primary clinician will perform an assessment and determine the case management services that are required. The clinician will provide or refer the client for any case management services deemed necessary and appropriate.



Enriching lives through wellness, recovery, and hope

Community Mental Health &
Substance Abuse Treatment Center

Southwest Counseling Service

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Linkage

Clinicians and Case Managers link clients with additional services within the agency and throughout the community. Linkage services are provided on an individual basis.

These services can include:

- Arranging and preparing clients for services with Southwest Counseling Service
- Arranging and preparing clients for other appointments with community providers such as:
 - Schools & Colleges
 - Probation (Juvenile & Adult)
 - Department of Vocational Rehabilitation (DVR)
 - Department of Family Services (DFS)
 - Disability Services
 - Medical Services
 - Substance Abuse Services
 - Psychiatric Services
 - Housing Authority

Follow-Up

Case managers and/or clinicians will follow-up with clients to monitor the individual progress of their treatment plan. Follow-up is done after regular appointments, completion of any treatment groups, and after linkage with other agencies and service providers.

Referrals

Your case manager and/or clinician may suggest additional services. Referrals may include providing addresses, phone numbers, other contact information, and assisting in the arrangement of appointments.

Referrals can be made for the following:

- Medical Services
- Education
- Employment
- Southwest Counseling Service Treatment Groups
- Psychiatric Services
- Relocation Assistance

Advocacy

Advocacy provides the client with additional support by the case manager and/or clinician. Support can include making and receiving phone calls, completing forms, applications and reports that are necessary in accessing needed services.

A clinician and/or case manager may be able to advocate for you at Multi-Disciplinary Team (MDT) meetings or in an Individual Education Plan meeting.

Crisis Intervention

Southwest Counseling Service case managers may provide crisis intervention and stabilization in situations that require immediate attention or resolution. The case manager may provide the initial intervention and would assist the client with other needed crisis services.

Additional Resources

Additional services or assistance may be available to help you meet the goals set in your treatment plan. Please ask your clinician or case manager about additional services or assistance that you might qualify for.

Assistance may be offered to help with:

- Basic Needs
 - Food
 - Clothing
 - Housing
 - Transportation
- Medical Needs
 - Dental
 - Vision
 - Medication
- Continuing Education
 - Professional Development
 - School Supplies
 - Academic Support
- Pro-Social Activities
 - Social Groups
 - Community Events

My Case Management

Case management is essential in providing you with the best possible treatment. Open communication and collaboration with your clinician and/or case manager is beneficial in providing you with additional resources and services that meet your specific needs.

If you have any additional questions about case management services and resources, please contact the Foothill or College Hill office where your clinician is located.