

NEWSLETTER

April 27th, 2021

Targeted Case Management News



TCM includes wraparound services with a team of formal and informal supports dedicated to helping the client work toward their goals through strengths-based interventions. All goals are client and family driven. Examples might include case managers working collaboratively with the family and their support system to help the client gain access to social, educational, medical, or other services. Targeted case managers meet regularly with the client and the family to provide the most effective and efficient services possible. These services aim to develop problem solving skills, coping skills, and self-efficacy.

How to Submit a Referral for TCM:

When clinicians have a client that needs TCM services, the clinician will fill out a TCM Referral Form and send it to tccreferrals@gmail.com. The Admin in charge of the referrals will then verify the client's insurance and send it to the Lead Case Manager for distribution.

Qualifications for TCM:

Client's must have Medicaid and one of the following: SMI, SED, SUD.

Self Care:

- Develop a regular sleep routine.
- Aim for a healthy diet.
- Take lunch breaks.
- Go for a walk at lunchtime.
- Take your dog for a walk after work.
- Use your sick leave.
- Get some exercise before/after work regularly.

Mindfulness Apps:

- Headspace
- Insight Timer- Meditation
- Calm
- Smiling Mind- Meditation
- Stop, Breathe, & Think (one for kids as well)
- Eternal Sunshine- Daily Affirmation
- UCLA Mindful
- Ten Percent Happier Meditation

Yin Yoga

1st and 3rd Monday of each month at Millpond or Kirklevington Park.

Resources for Transportation *(Since we are transitioning to in person):*

-Wheels Paratransit-Lextran

<https://lextran.com/accessibility/wheels-paratransit/>

-Federated Transportation Services of the Bluegrass, Inc.

<http://www.ftsb.org/medicaid.html>