



Horizons

Targeted Mental Health Case Management

Key Features of TCM Services:

- **Assessment and Planning:** A comprehensive assessment is conducted to identify the individual's needs, goals, and available resources. Based on this assessment, a personalized service plan is developed.
- **Service Coordination:** Case managers work with individuals to connect them to appropriate services, including healthcare, housing, employment support, transportation, mental health services, and other community resources.
- **Advocacy and Support:** Case managers advocate for the individual, helping to ensure that they receive the services and support needed to meet their goals. They also provide emotional and practical support as individuals work through challenges.
- **Monitoring and Follow-up:** Ongoing monitoring is provided to track progress, ensure services are being delivered as planned, and make adjustments to the service plan as needed.
- **Collaboration:** Case managers collaborate with service providers, family members, and other stakeholders to ensure coordinated care and enhance the individual's chances for success.

Benefits of TCM:

• **Improved Access to Services:**

TCM helps individuals access necessary medical, social, and behavioral health services.

• **Increased Self-Sufficiency:** By coordinating care and providing support, TCM services enable individuals to achieve greater independence.

• **Better Health Outcomes:** Targeted support helps individuals manage their health more effectively, leading to improved overall well-being.

• **Continuity of Care:** Ensures individuals stay connected with needed services over time, reducing gaps in care.

• **Accommodating Care:** TCM can meet in the home, community setting, in MMHC office spaces, or telehealth options.

The Role of the Case Manager:

- Conducts thorough assessments of the individual's needs.
- Develops a personalized service plan that addresses those needs.
- Coordinates referrals to appropriate services.
- Provides ongoing support and follow-up.
- Acts as a liaison between the individual, service providers, and community resources.

Criteria:

- Individual's who are experiencing an SPMI (Severe and Persistent Mental Illness) of Schizophrenia, Major Depression, Bipolar Disorder, Borderline Personality Disorder, and other disorders associated with psychosis.
- Residents of Dakota County
- Must be 18 or older

Referrals:

Please call Dakota County Adult Intake
651-554-6424

*Request Horizons Programs through Minnesota Mental Health Clinics.