



Case Management

Case managers help to connect people with a variety of needs to services in their communities. Case management can be a great option for people who need much support to be mental well and to meet basic needs. Case managers often work at social service non-profits, health insurance companies, hospitals, and the government.

Check out the various types of case management below:

- **General Case Management:** General case managers help to identify basic needs and connect people to services. They serve as a 'broker' or in-between person between a person and a potential service provider. They can often provide immediate connection to needed services.
- **Intensive Case Management:** Intensive case management focuses on providing assertive outreach and intensive treatment that is within a specific time window. These case managers focus on building life-skills, family support, and accessing basic needs. This is ideal for someone with severe mental health challenges.
- **Strengths-based Case Management:** Strengths-based case management focuses on using a person's current strengths to support recovery and empowerment. These case managers focus on the positive and what a person has instead of focusing on deficits.
- **Clinical Case Management:** Clinical case managers provide a fusion of life skills, psychotherapy, and coordinates treatment or healing services that are in line with someone's mental wellness needs.

Source: Grace College