# WHY US?

A case manager will help you make the best use of mental health services and ensure that the services respond to your specific needs quickly and efficiently. They will help you improve your relationships and performance at home and at school.

Children's case managers assist you and your family in connecting to mental health, social, medical, educational, employment, and other necessary services in order to improve your child's functioning and remain living in the community.

Case managers will assess the strengths and needs of you and your family. They will connect you with the appropriate level of mental health care, coordinate services, organize care teams, collaborate with schools, and monitor the effectiveness of the services.

Your case manager will work with you to prepare a treatment plan that is designed to meet you and your families specific needs. The duration of these services is determined by the plan, and may vary in length, depending on the types of

needs you have and the time it is going to take for these needs to be met.

The goal is to improve your situation by teaching you how to navigate social and family relationships at home and improve your performance at school so that you can manage your life stressors independently.

As part of your transition out of case management services you may be referred to other internal programs, external agencies, or other community supports. These referrals may remain in place long-term to help you manage your mental health symptoms and move beyond only coping with your diagnosis.

Case managers are available to help you learn to live a full and fulfilling life.

MHASCK 555 N Woodlawn Ave Ste 3105 Wichita, KS 67208



#### ∩ Connection:

MHA can connect you with services needed to advance your well-being.

#### 02. Advocacy:

MHA can help you gain knowledge to make informed choices and the skills and tools needed to manage your symptoms and move beyond your mental health diagnosis.

### 03. Support:

MHA can help you improve your short-term functioning. Then, build a roadmap for your longterm success and wellness

WWW.MHASCK.ORG

## BEHAVIORAL HEALTH REHABILITATION

For children with behavioral disorders or diagnosed mental illness. life can be challenging. The impact of these difficulties goes bevond just the behavioral symptoms.

Active rehabilitation involves a wide range of integrated care, personcentered treatment, and community supports.

> **Contact Us:** 316-685-1821



Sarah Jones

Children's Service Coordinator

Phone: 316-651-1228 sarah.iones@mhasck.org www.mhasck.org

# ADDITIONAL SERVICES



## Attendant Care:

This program provides direct support for children who need help in learning to identify triggers and effectively use coping skills to manage challenging behaviors in their homes, communities, and schools.

The focus is on using their existing and emerging skills to improve their relationships and overall performance at home and at school.

## Transition Services:

Services designed for older youth transitioning into adulthood to help them learn about:

- Independent living
- Managing mental health symptoms
- Managing chronic medical conditions
- Time management & organization skills
- Budgeting and basic finance skills
- Make healthy lifestyle choices
- Develop knowledge of community resources
- Healthy leisure time activities
- Healthy hygiene practices
- Self-advocacy skills
- Co-occurring disorders
- Completing high school or GED
- Going into higher education
- Getting ready for employment
- Getting in control of your life
- Self worth
- Developing healthy relationships
- Setting boundaries
- Moving beyond MHA services



# **MISSION**

The Mission of the Mental Health Association is to empower and assist youth, families and adults in our community to achieve optimal mental health and wellness through education, advocacy, and service.

# OUR SERVICES



Benefits & Financial Assistance:

Help with applying for SSI/SSDI, food stamps, housing, utilities, rent, transportation, Medicaid waiver and parent support benefits.



Mental Health & Substance treatment: Connection to services such as therapy, psychiatry, substance use treatment and attendant care services.

03.

Medical & Preventative Care:

Connection to medical providers for primary care, specialist care, dental, vision, and more.

04.

Classroom Support & Advocacy in Schools: Direct support in the classroom for behavior modification, help with IEPs and 504 plans, advocacy, GED resources, and more.

05.

Diagnosis Education & Treatment Coordination: Learn about your diagnosis and available treatment options. Develop behavior management skills & parent support.

06. Transition
Preparation for
Older Youth:

Help with applying for college, employment, or to learn essential skills for independent living.

#### **Emergency Service**

On the weekends, after hours, and on public holidays call ComCare Crisis 316-660-7500.