

# What to Expect: Care Management Services



We are here to support you in reaching your mental health, health, and wellness goals. Our care management services are **available to Minnesota residents who receive Medical Assistance (MA or PMAP) and have a mental health diagnosis**. You'll work with a dedicated care management team who takes time to understand your needs and what may be getting in the way of your care. Your team can help connect you to community resources, coordinate services, support transitions, and provide ongoing individual and family support.

## Program Details

### Who is Eligible?

- Minnesota residents receiving Medical Assistance (MA, PMAP)
- Adults with a diagnosis of serious mental illness (SMI)
- Children and teens under 18 years old who have a diagnosis of emotional disturbance
- Enrollees not receiving other targeted case management services

### What Can I Expect?

You'll be supported by a small care team that will meet with you in your home, out in the community, or by phone to help you identify and work toward your wellness goals. Your care manager will **check in with you at least once a month** to help with referrals, connect you to helpful resources, and coordinate your care. You can continue working with your care management team for as long as your individual needs require.

Care Management works alongside the other services you may already receive, such as therapy, psychiatry, ARMHS, DBT, ADT, nutrition services, and primary care. It can support your mental health, physical health, and substance use needs, and is designed to complement your existing care.

### Who Benefits From Care Management Services?

Care Management may be a good fit if **you're feeling overwhelmed or juggling multiple areas of life** that don't feel manageable right now. It's especially helpful for individuals who want support coordinating physical and mental health care, navigating social services, or creating a clearer plan for addressing health concerns and life stressors.

This program benefits people who need help staying connected to medical or mental health services, finding and using community resources, or building healthier daily routines.