



# Adult Case-to-Care Management Training

The changing health care marketplace requires case managers to move from their traditional role to one of care manager. In that role they work in health navigation, care coordination, play an active role in collecting data and work with the whole person – encompassing their physical and behavioral health. Moving to a care management model gives behavioral health organizations a competitive edge in promoting services across the health care system.

**The National Council for Mental Wellbeing’s Adult Case-to-Care Management Training is an in-person, one-day group training that equips today’s case managers to navigate the new health care marketplace and manage the whole health needs of those they serve.**



## TRAINING AREAS:

- ▶ Major changes in health care delivery and the focus on care management.
- ▶ The functions of a care manager, including care coordination, health literacy and being data-informed.
- ▶ Partnering with primary care and helping the people you serve partner with primary care.
- ▶ Common physical health challenges of people with mental health and addiction disorders and basic interventions to support health.
- ▶ Key issues and interventions for diabetes and heart disease.
- ▶ Skills to support health behavior change.
- ▶ Rapid cycle change principles for health behavior change, goal planning and documentation.
- ▶ Self-assessment of individual practice.



## RECOMMENDED FOR:

- ▶ Case managers, care managers, care coordinators, peer support staff and nursing staff.
- ▶ Organizational leaders.
- ▶ Supervisors.
- ▶ Direct care staff in community behavioral health organizations.



## GRADUATES OF CASE-TO-CARE MANAGEMENT TRAINING CAN:

- ▶ Identify current health care trends impacting their role.
- ▶ Understand the differences between physical health and behavioral health cultures.
- ▶ Describe strategies to build strong partnerships with primary care providers.
- ▶ List strategies to help prepare people for primary care appointments and increase self-management.
- ▶ Apply basic chronic care principles to managing heart disease and diabetes.
- ▶ Identify and apply strategies to help people change their health behavior.
- ▶ Commit to an immediate change they will make with their team in their practice.



**Time:** Single day in-person training



**Class Size:** Up to 60 participants

*The National Council for Mental Wellbeing also offers Case-to-Care Training with a focus on children and supervisory roles.*

NATIONAL COUNCIL  
for Mental Wellbeing

THENATIONALCOUNCIL.ORG

For more information including tailored or customized needs, costs and scheduling, please contact **Frannie Yin** at [FrannieY@TheNationalCouncil.org](mailto:FrannieY@TheNationalCouncil.org) or visit [www.TheNationalCouncil.org](http://www.TheNationalCouncil.org).