

HEALTH MODEL

1. Case Management plan is based on people's dreams.

Each client completes a dream sheet that indicates their life dreams, barriers to their dreams, strengths they have, and short and long term goals.

2. Theoretical Basis:

a) Maslow's Hierarchy of Needs:

The following two areas need to be addressed prior to beginning case management services. Crisis counseling can occur while these needs are being met: but a case management plan will continue to be sabotaged until these basic need are met.

- Physiologic needs (food, thirst, fatigue, clothing, and housing)
- Safety Needs

2. Theoretical Basis:

b) Reality Therapy:

- Change only occurs in the here and now, we can't change the past or the future, only today.
- We are responsible for our own lives and to be a responsible member of society
- Case Manager models healthy behaviors, confronts and holds client accountable for behavior, and utilized guided discovery as teaching model.