

Targeted Case Management vs. Rehabilitation

TCM (T1017)

Service Components:

- Assessment
- Plan Development
- Referral and Related Activities
- Monitoring and Follow-up

What it is:

- Services to assist client in accessing needed **ancillary services** (i.e. medical, dental, alcohol/drug treatment, educational, social, prevocational, rehabilitative, or other community services)
- Services include **linkage and consultation, placement, and plan development**

Requirements:

- Justify need for TCM service based on the client's mental health symptoms/impairments
- Evaluating for needs, planning, referral, and progress
- Assisting client in gaining access to services and plan coordination when linking client to services and monitoring progress
- Ensuring TCM services are being furnished in accordance with client treatment plan
- Evaluating the adequacy of services/resources and adjusting plan accordingly

TCM activities:

- Locating and securing appropriate resources
- Monitoring the client's access to services
- Monitoring the client's progress once access has been established

Key words when writing TCM note:

Refer to **Active Verbs/Phrases that Can Be Used to Document Targeted Case Management (TCM) Service Interventions**

Rehabilitation (H2015)

A Component of Mental Health Services:

- Assessment
- Plan Development
- Therapy
- **Rehabilitation**
- Collateral

What it is:

- A service delivered to a client to provide assistance in improving, maintaining, or restoring the client's functional, daily living, social and leisure, grooming and personal hygiene, or meal preparation skills, or his/her support resources
- Service activity provides assistance in restoring, improving, and/or preserving a client's functional, social, communication, or daily living skills to enhance self-sufficiency or self-regulation

Requirements:

- Must provide assistance in restoring, improving, or preserving the client's functional level (i.e. **skill building**)
- Focus should be on **teaching skills**, not doing the skill/activity for the client

Rehab activities:

- **Teaching** the client social skills/communication skills/problem-solving skills/relaxation skills/anger management skills/assertiveness skills to promote self-sufficiency
- Prompted the client to use healthy coping skill (e.g. deep breathing) to self-regulate while doing an activity

Key words when writing a Rehab note:

Refer to section on Rehabilitation in **Active Verbs/Phrases that Can Be Used to Document Mental Health Services (MHS) Interventions**