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Active Case Management and Discharge Planning Includes Providing for Clients' Basic Needs

Presented by:

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Manage Environment and Relationship with Drugs of Abuse

- We work with clients to find insight into how their behavior with drugs has negative consequences.
- Also look at how the client's environment, i.e., how basic needs are being met may distract client from being focused on recovery from addiction.



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Look at How Basic Needs Are Met and What Needs to Change

- Example: A group exercise where we compare two versions of the pyramid showing Maslow's hierarchy of needs.
- One pyramid shows how clients have historically met needs and the other is filled in with how clients want to meet those needs in an ideal lifestyle in recovery.



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Find Areas for Improvement and How to Make It Happen

- Shelters and couch surfing v. stable housing
- Intermittent fast food v. regular balanced meals
- Outpatient aftercare, therapy, AA/NA, volunteering or work readiness
- Avoid “boredom.” (I don’t like what’s going on but am unwilling to change it)



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Manage Expectations

- Explore realistic options
- Contact vendors, requirements for participation, (rent, GRH, insurance, Rule 25, CADI or TBI waiver)
- Identify obstacles such as criminal record, required diagnosis, acceptable medication
- Get on waiting lists as early as possible



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Back Up Plans

- Find a safe intermediate placement or set of services to maintain until longer term solution can be completed
- Maintain old situation with community supports such as ILS and ARHMS
- Surround client with services to maintain stability till better option opens up.



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Help Clients Experience Success

- Prospects for new life in recovery may be overwhelming.
- Pick a small step and let client succeed (phone call, fill out forms, talk with peer who's done it)
- Lay out steps to goal and check off as completed
- Be realistic about prospects for success



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Coordinate with Others to Provide Ongoing Support

- Identify who can take over from here
- Communicate to help client make a smooth transition
- Have as many steps in place as possible to ease transition to next phase



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Let Go with Love

- “I know what’s best for you”
- It won’t work if the client doesn’t see it as a positive step
- Don’t get ahead of the client
- Let new provider do his/her job
- I’ll be here to offer support but not to second guess your new counselor



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My wish for all my clients:
That you can call me in a year
and say:

“I’m sober and I like my life.”



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Thank You!

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