

## What is case management? Let's explain it...

Imagine you're planning a big birthday party with lots of friends. There's a lot to do: emailing or texting out invitations, picking a venue or tidying up the house, buying decorations, ordering a cake, arranging entertainment, and so on.

A case manager is like a super-organised friend who helps you plan the party. They make sure everything is done on time and nothing is forgotten. A case manager:

1. **Plans:** They help you make a list of everything you need to do and figure out the best order to do it.
2. **Organises:** They help you keep track of what you've done and what still needs to be done.
3. **Supports:** They help you find solutions if something goes wrong.
4. **Communicates:** They talk to the people involved, like your parents and friends, if you want them to, and support you in learning the skills involved in self-advocacy so you can have these conversations yourself.

In real life, case managers help people with important parts of their lives. They help make sure everything gets done and the person gets all the help they need.



## Case Management at MYST – early intervention

Early intervention is crucial to helping young people who are experiencing difficulties. MYST's case workers offer holistic support in a range of areas including health, finance, education and training, employment, alcohol and other drugs, mental health, recreational resources, life skills, legal, accommodation, parenting and general welfare.

We help young people set short-term and long-term goals, and provide guidance and monitoring to help them stay on track. Participants learn how to build essential life skills, such as budgeting, time management and communication, and develop a sense of independence and resilience. Please call us for more information, or go to our website: <https://myst.com.au/programs/case-management/>

For more information: Find us at [www.myst.com.au](http://www.myst.com.au), on Facebook and Instagram, or call 1300 00 MYST (6978).