

Targeted Case Management

Targeted Case Management (TCM) seeks to create a community and a team who are open to talking about and supporting mental health.

Our TCM services are meant to connect and support youth who have emotional health needs and their families with community-based services and other valuable resources.

Who We Are

Cayuga Centers is a nationally accredited 501(c)(3) non-profit, human services agency founded in 1852. It offers high quality services supported by evidence and research. Cayuga Centers provides a continuum of services nationally, with offices in over ten cities. The agency specializes in providing individualized, disability-inclusive, culturally appropriate, and trauma-informed support to diverse populations.



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For more information, please contact:

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Healthy Minds... Healthy Lives



How Does TCM Work?

TCM will assign you a highly trained Specialist and Family Partner who will set up a meeting to explain what "System of Care" is and how it can help your family.

They will work with you to select a larger team of people to assist your family with setting goals and determining the best path for reaching them. Your family will direct the team.

- The Family is the Team Leader
- Everyone on the team has an important role
- Your team helps you respond to family crises and concerns
- Youth have a voice and participate in the system

Your TCM team is here to:

- Listen and not judge
- Help bring important services and resources into families' lives
- Ensure everyone on the team is working towards the same goals
- Develop plans that support families' areas of need
- Ensure plans are working
- Continue to support families throughout the process

How can TCM help you and your family?

- TCM allows you to pick the services that are right for you and your family
- TCM removes pressure from your family and allows the agencies to bring support to you and "wrap" your family with a support system of care
- TCM provides support and training for families to be the leaders and decision makers for their own care

TCM offers:

- Simple direct connections to the services your family wants
- A team that works with your family to focus on current strengths and identify what is needed to develop new skills
- The opportunity for families to participate in TCM committees to vote on and affect the direction of the services



MENTAL HEALTH IS A GOOD THING

TCM seeks to offer a family-driven, youth-guided and culturally competent system of care for youth with emotional needs and their families.