

ÁTJÁRÓK

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**RICZ DENCS TÜNDE: GOOD PRACTICES
FOR INDIVIDUAL CASE MANAGEMENT
ANTHROPOS MENTAL HEALTH ASSOCIATION
SUMMARY**

The Antropos Mental Hygiene Association was founded with the aim, among other things, to work primarily in the field of primary prevention of addiction. However, the lack or inadequacy of public and non-governmental care organisations has made it necessary to have resources for secondary and tertiary prevention. This has led us to develop a toolkit for individual case management, which is presented below as a good practice. On the one hand this toolkit is based on facilitative interviewing along the Rogers principles, combined with techniques known from other methods, because we were convinced from our experience that these were the best way to move away from the deadlock, or to access the client's resources or to put into perspective what was happening to the client.

In our individual case management, we mean the client and the facilitator working together, in which the client participates voluntarily. At the beginning of the counselling work, but no later than the third session, the client and the counsellor enter into a verbal contract on the purpose of the individual work, the number of sessions, the time frame of 45-60 minutes, the confidentiality obligations of the counsellor, and the client's abstinence. In goal setting, the facilitator tries to set the goal of the individual case management as precisely as possible together with the client, taking into account the client's condition, motivation and the facilitator's competence. The aim can be very varied, but without being exhaustive, it can be to maintain abstinence until admission to a further treatment facility, to leave the addiction cycle, or to overcome difficulties in managing life after recovery from the addiction.

In individual case management, we use these practices in the middle or towards the end of the work with the client, depending on the process we are in. The exercises presented are applied

in individual case management, but with some adaptation they can also be used in small groups. Each of the exercises presented has been tried and tested several times and sometimes adapted to work more effectively with the client at any given time.

The exercises are presented in the following way:

- when, what to use it for;
- tools needed;
- a description of the exercise;
- an example with a brief presentation of a case.

The following exercises are presented in detail in our material:

1. Table Stage - Soul Landscape
2. Empty chair
3. Role reversal
4. Social atom
5. Social zoo
6. Timeline or timeline
7. Tell a story with 6 pictures!