



About Health Home

Health Home provides comprehensive care management, care coordination, health promotion, comprehensive transitional care, individual and family/support services, and linkage and referral to community and social support services. Services are designated to support overall health and wellness.

Health Home services include:

- Case management
 - Housing, employment, access/linkage/referrals to resources and entitlements
 - Skill building in budgeting, shopping, transportation, medication
- Groups
 - Cooking classes
 - Drop-in is an opportunity to socialize, practice problem-solving skills and leisure skills
 - WRAP (Wellness Recovery Action Plan) is a self-designed prevention and wellness process that anyone can use to get well and stay well
 - WHAM (Whole Health Action Management) is a peer-led program for people with chronic physical and behavioral health conditions that promotes self-management to create and sustain new healthy behavior
 - Flow Yoga/Chair Yoga teaches yoga and breathing sequences, mindfulness and medication principles
 - Chair Pilates and Meditation strengthens and stretches the core muscles while mobilizing joints in a focused and meditative environment
 - *All Yoga/Pilates Classes are individualized to accommodate each person depending on their skill/comfort level. All classes can be done seated.*
- Health and Wellness services
 - Attend doctor appointments with clients to help increase health literacy and follow through
 - Help improve skills needed to navigate the health system
 - Ensure access to and coordination between providers, make necessary referrals to doctors/specialists
 - Support individuals in the self-management of chronic health conditions by assisting with exercise plans, educating on healthy eating, skill building for healthy shopping and cooking
 - Access to a nurse for health screening purposes, checking vitals, health education, medication reconciliation and training
- Peer support services
 - Peer counseling, advocating, skill building, wellness activities, groups (see Groups)
- Psychiatric services
 - Clients actively involved in Health Home services can also see a Centerstone psychiatrist
- Therapy
 - Clients can see a Centerstone therapist and receive Health Home services in addition

Eligibility

Health Home services offered in Franklin, Williamson, and Jackson counties.

For more information, call 855-608-3560 or visit centerstone.org.

About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We provide mental health and substance abuse treatment, education and support to communities in Florida, Illinois, Indiana, Kentucky, and Tennessee and additionally offer individuals with intellectual and developmental disabilities life skills development, employment and housing services. Nationally, we have specialized programs for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Our research institute improves behavioral healthcare through research and technology, and our foundation secures philanthropic resources to support our work. For more information, visit centerstone.org.



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Health Home Illinois

Coordinated Care Under One Roof

Health Home Illinois:

Health Home Illinois (HHIL) is designed to assist clients experiencing both mental health conditions and physical health barriers such as diabetes, hypertension, and obesity, live healthier lives.

Clients enrolled in HHIL receive the benefit of meeting with a treatment team, including wellness clinicians, nurses and staff members who self-identify as having lived experience with mental health conditions (also known as Peer Wellness Coaches) to address their wellness goals and link to needed resources.

HHIL members also have access to peer-led classes that promote whole health, such as yoga, healthy eating, and coping skill development.

For more information:

If you have Medicaid or a managed care plan and could benefit from working with a Peer Wellness Coach, meeting with a nurse, or attending peer-led classes, call Johanna Wichmann at 855-608-3560, ext. 7917 for more information or to enroll.

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