



Telecare Thurston Mason

Community Alternatives Teams



The **Telecare Community Alternatives Team (T-CAT)** model was developed to meet the specific needs of those transitioning between levels of care in Thurston and Mason counties. The T-CAT program provides a range of voluntary, community-based, short-term wraparound services with the goal of minimizing inpatient stays. As long-time providers of acute services in Thurston and Mason counties, our staff is uniquely prepared to assist individuals to understand and navigate the state, county, and local systems of care.

Telecare Thurston County T-CAT

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Telecare Mason County T-CAT

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Telecare's Recovery Culture

Telecare's services are strength-based, person-centered, with a focus on wellness and recovery. Services are designed using Telecare's Recovery-Centered Clinical System (RCCS). This system incorporates evidence-based practices and innovative design components, and emphasizes choice-making skills and harm-reduction techniques, and strives to awaken the hopes and dreams of the individual.

Staffing & Services

Our services include a multidisciplinary team of nurses, social workers, clinicians, and peer staff. Services include but are not limited to:

- Access to behavioral health services
- Access to primary care
- Access to specialty prescribing care
- Access to medical insurance
- Developing effective self-care
- Application for various benefits
- Access to education, work, and training
- Housing advocacy and referrals
- Referrals and support to address substance use issues



Hospital Diversion Services

- Your Medicaid coverage means no billing to you
- Covered benefit—no preauthorization needed
- Available at all county emergency rooms

Referral Sources

- Emergency departments
- Mobile outreach teams (MOT)
- Police and first responders
- Self and family referrals

At a Glance

T-CAT and emergency room staff partner closely together to offer safe alternatives for adults who are at risk of inpatient hospitalization due to mental health challenges, but who may remain in a community setting with additional support.

Staffing & Services

- Access to a prescriber, peers, clinicians, and intensive case management support
- Immediate follow-up contact and connecting to existing outpatient services or new resources to build recovery

Transitional Support Services

- Your Medicaid coverage means no billing to you
- Covered benefit—no preauthorization needed
- Up to 90 days of service; on-call capability

Referral Sources

- Community behavioral health
- Inpatient or outpatient settings
- Residential treatment facilities
- Police and first responders
- Self and family referrals

At a Glance

T-CAT staff works with those seeking either to return to the community from any inpatient setting in Thurston and Mason counties or to remain in the community by resolving an emerging challenge early.

Staffing & Services

- Access to a prescriber, peers, clinicians, and intensive case management support
- Outreach and planning begins prior to inpatient discharge and/or ongoing community support to build access to recovery-enhancing services