

# Members Empowered to Succeed (METS)

## What is METS?

1. Members Empowered to Succeed (METS) is a team focused on helping you be the best you can be.
2. The METS team is a group of trained behavioral healthcare staff. They work together to make sure your treatment helps you work on your goals.
3. Your Clinical Liaison works with your therapist and treatment team. Your Member Engagement Coordinator works with you. Together, they make sure your treatment plan is the best fit for you!



## You Get Your Very Own Service Coordinator Who Will:

- **SUPPORT** - Your Service Coordinator is available during work hours by email or phone.
- **HELP** - Your Coordinator connects you with resources that help you be more independent and believe in yourself. Your Coordinator can help you understand the healthcare system.
- **REVIEW** - Your health needs are discussed with your Coordinator and team. This will include medical and other community needs. They help you meet any goals for a whole, healthy you!
- **TEAMWORK** - Your Coordinator helps you find your strengths. They help you see where you have grown. They want you to feel confident you can reach your goals!
- **CONFIDENTIALITY** - Your information is only shared with the METS team and your providers to make sure you get the best care.