



Anoka County Community Social Services and Mental Health Department
2100 Third Ave.
Anoka, MN 55303
www.co.anoka.mn.us



Adult Mental Health Resources

Introduction

This pamphlet serves as a guide providing general information about the needs and concerns of people with mental illness and their families. It tells about resources in Anoka County and the surrounding area. The professionals and service consumers who worked together on this project hope you find it useful and helpful.

This pamphlet is free to those with mental illness, their families and interested others. For a copy, call Anoka County Community Social Services and Mental Health Department, (763) 422-7070.

This pamphlet concentrates on services for adults. Call Anoka County Children's Mental Health at (763) 422-7003 for information about services for children under 18.

This pamphlet offers information about medical concerns and legal issues, but it is not meant to provide medical or legal advice. The Anoka County Community Social Services and Mental Health Department does not warrant the accuracy, completeness, or currentness of the information and is not responsible for errors or omissions. Please check information before you use it and consult your physician for medical advice or an attorney for legal advice. In no event will Anoka County and its officials, employees, or agents be liable to you or anyone else for any decision made or action taken by you in reliance on information in this pamphlet.

Thank you

This pamphlet was made possible with the support and contributions of several people and organizations:

- Anoka County Board of Commissioners
- NAMI (National Alliance for the Mentally Ill of Anoka County)
- Local Advisory Council
- Anoka County Community Social Services and Mental Health Department
- and two local resource guides called *A Miniguide to Public Mental Health Services in Hennepin County* and *Ramsey County Mental Health Guide*

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Other Resources Available for Anoka County Residents

Anoka County Community Action Program offers the **Anoka County Resource Guide** to help promote self-sufficiency.

Information is provided on how to access:

- Food Shelves
- Housing
- Clothing
- Transportation
- Health and Wellness Services
- Employment
- Financial Assistance and Counseling
- Legal
- Education
- Early Childhood Care and Education

The guide also offers information for:

- Senior Citizens
- Multi-Cultural
- Gay and Lesbian
- Volunteer Opportunities
- Churches
- Civic Information on contacting government agencies and elected officials

To request a copy of the **Anoka County Resource Guide**, contact ACCAP at 1201 89th Ave., N.E., Suite 345, Blaine, MN 55434. Telephone 763-783-4747.

United Way's First Call for Help is a 24 hour information and referral service for health, recreation, education, social services, etc., utilizing over 2,000 community agencies in its data bank. Telephone 651-291-0211.

Mental Illness

Mental Illness Is Not a Choice

Mental illness knows no boundaries. It affects people within all social, economic and racial groups. If you or a loved one has a mental illness, you are not alone.

More than 20% of adult Americans experience some form of mental illness during the course of a year. About 3% of Americans suffer from severe mental disorders. These include disorders with psychotic symptoms such as bipolar disorder, schizo-affective disorder and schizophrenia.

Increasing evidence supports the view that many mental illnesses are physical diseases of the brain and often related to inherited characteristics. Medical illness, stress and physical injuries are also factors that may cause mental disorders.

If you or someone close to you has a mental illness, you may need to take part in planning the care and treatment of the illness. To help with planning, this pamphlet provides basic information on the major types of mental illness. This information is a very general overview. It cannot substitute for the consideration and advice of a mental health professional.

Signs to Watch for

The following signs might indicate that professional help is needed.

- Tension, anxiety or fear that is almost constant and seems out of proportion to the situation.
- Depression, loss of confidence, withdrawing from friends and activities, or hopelessness that does not go away.
- Changes in mood or behavior that are abrupt and that are radical departures from usual patterns (such as changes in appetite or sleep patterns).
- Complaints, such as headaches or nausea, that seem to have no explainable physical cause.
- Confused thinking, disorganized behavior and/or speech.

Types of Mental Illness

Schizophrenic Disorders

Schizophrenia is a disorder of the brain that is widely misunderstood and unfairly stigmatized. New discoveries are improving prospects for those who suffer from this illness. Schizophrenia is a treatable disease. It interferes with the ability to think clearly, know what is real, manage emotions, make decisions, and relate to others. It can affect anyone at any age. In most cases, it develops between adolescence and age 30.

Symptoms must be present for six months for a diagnosis of schizophrenia to be made. Symptoms fall into three general categories:

- **Positive or psychotic symptoms**— losing touch with reality in certain ways. This includes delusions (ideas that are strange and not based in reality) and/or hallucinations (hearing or seeing things that are not there).
- **Disorganized symptoms**— include confused thinking, and speech and behavior that do not make sense.
- **Negative symptoms**— include emotional flatness or lack of expression. The person is not able to start activities and follow through, has brief speech, and lacks pleasure or interest in life.

These symptoms can make it difficult for people to get along with others. It can be hard to hold a job, go to school, or even take care of themselves. Getting appropriate treatment depends on the accurate diagnosis of a qualified professional, since these symptoms may be associated with other illnesses or with using alcohol or drugs like LSD.

Schizophreniform disorder and schizo-affective disorder are also schizophrenic disorders. Schizophreniform disorder is like schizophrenia except that symptoms are present less than 6 months. Schizo-affective disorder is an uninterrupted period of illness during which, at some time, symptoms of mania and/or depression (see Mood Disorders) are present along with positive and/or negative symptoms of schizophrenia.

It affects people within all social, economic and racial groups.

Minnesota Bio Brain Association
952-922-6916
1-877-853-6916

6950 France Ave. S., Suite 18
Minneapolis, MN 55435

The association provides support, education, outreach, and resources for people with mental illness, their families and the public. Support groups for family members are held weekly on Mondays and bi-weekly for consumers on Mondays.

Minnesota Office of Ombudsman for Mental Health and Mental Retardation
651-296-3848 (office) Metro Square Building
651-296-1021 (fax) 121 Seventh Place East, Suite 420
1-800-657-3506 St. Paul, MN 55101-2117

Independent state agency that reviews and investigates complaints from any source concerning the actions of an agency, facility or program that provides services or treatment for mental illness, mental retardation, chemical dependency, and for children with emotional disturbance. The office also investigates deaths and serious injuries in licensed facilities or programs.

National Alliance for the Mentally Ill of Minnesota (NAMI)
651-645-2948 970 Raymond Ave., #105
St. Paul, MN 55114-1146

NAMI is comprised of people who have family members who have a mental illness, former and current mental health clients, and health service providers. It works to achieve improved services and support for persons with mental illness and to overcome, through education, the stigma associated with mental illness. It offers free support groups and classes for consumers and family members.

Recovery, Inc.
612-824-5773 for information and group listings.
Community mental health organization offering self-help meetings. Based on "Mental Health Through Will Training" by Dr. Abraham Low, Recovery founder. Founded in 1937. Member-managed since 1952.

SA/VE Suicide Awareness Voices of Education
952-946-7998 7317 Cahill Suite 207
952-829-0841 (fax) Minneapolis, MN 55439
Increases the awareness of suicide and its effects through a comprehensive education campaign.

Advocacy and Support Groups

Bridgeview Club

Mailing address:

Central Center for Family Resources,
1485 81st Ave. N.E.,
Spring Lake Park, MN 55432

Program site:
763-783-7440

1121 80th Ave. N.E.,
Spring Lake Park, MN 55432

Call for drop-in center hours.

Psycho-social program serving adults in Anoka County experiencing serious and persistent mental illness. Drop-in center, support, recreation, outreach, groups (chemical health, women's, mental illness/chemical dependency, parent support). Hot meals available on Mondays and Wednesdays.

Dual Recovery Anonymous

763-712-4515 or 763-712-4000
Fax: 763-712-4512

3301 Seventh Ave. N.
Anoka, MN 55303

Twelve-step program for mental health and chemical dependency. Meetings are held every Monday and Thursday from 7-8 p.m. at the Anoka Metro Regional Treatment Center.

(Only open to client of AMRTC)

Emotions Anonymous

651-738-9099

P.O. Box 6726
St. Paul, MN 55406

EA is a spiritual 12-step program with weekly support meetings. They are anonymous programs that respect the confidentiality of members. No dues or fees, but donations are requested.

Mental Health Association of Minnesota 2021 East Hennepin Ave., Suite 412
612-331-6840 Minneapolis, MN 55413

Information and referral service. Free, confidential advocacy. Family support through REACH groups. A speaker's bureau. A creative arts pre-vocational program called 26th Street Project. Education programs for the faith community, corporations, mental health care providers, and people with mental illness and their families.

Mental Health Consumer/Survivor Network 1821 University Ave. W., #S160
651-637-2800, St. Paul, MN 55104
1-800-483-2007, 1-800-483-2008
Fax: 651-637-2777

Consumer-run organization that works with consumers of mental health services who are interested in developing a system based upon recovery and wellness.

Mood Disorders

Depression, mania and bipolar disorder are called mood disorders.

Depression is more than just feeling bad or down in the dumps. Clinical depression involves intense pain and suffering that persists for long periods of time without obvious cause or relief. People who are depressed can't think clearly, concentrate or enjoy life. They may think about death. They feel worthless. They also may have a decreased or increased appetite and may sleep too little or too much.

Mania is the opposite of depression. People with mania are very energetic, elated and need less sleep than usual. They may be excited, elated, hyperactive, irritable, easily distracted, or extremely talkative. They may have an inflated self-esteem, and may go on spending sprees. As a manic episode worsens, a person can experience delusions and hallucinations, which makes such an episode seem similar to schizophrenia.

Bipolar disorder, formerly known as manic-depressive illness, occurs when people alternate between episodes of mania and depression. With this illness, people experience extreme mood swings from feeling very high to very low.

Anxiety Disorders

In the anxiety group of disorders, people experience considerable physical and mental symptoms of anxiety. People may try to avoid other people or situations that have caused anxiety in the past. There are different types of anxiety disorders:

- **Phobias** cause persistent, irrational fears.
- **Panic disorder** involves sudden, intense panic without cause.
- **Generalized anxiety disorder** is a condition in which people have excessive anxiety and worries that are persistent and hard to control.
- **Post-traumatic stress disorder** involves intense distress and re-experiencing of a past traumatic event(s) in the form of flashbacks, nightmares and disturbing memories.
- **Obsessive Compulsive Disorder (OCD)** causes people to experience repetitive thoughts, ideas, impulses, or behaviors that seem out of control and stem from fear of harm or harming others.

Personality Disorders

A personality disorder is a long standing pattern of maladaptive behavior. These are established by early adulthood. They cause impaired vocational or social functioning, or considerable distress. Personality disorders include:

- **Schizoid personality disorder** involves not being interested in social relationships and lacking of strong emotions.
- **Schizotypal personality disorder** involves disturbed thought patterns, behavior and appearance. It occurs most often in families where another member has schizophrenia.
- **Borderline personality** is a disorder in which people have patterns of unstable relationships, unclear images of themselves, and difficulty controlling anger. When they act impulsively these people often put themselves at risk for harm.
- **Paranoid personality** is a disorder in which people are unreasonably suspicious or distrustful of others. They see the actions of others as deliberately threatening or belittling.

Dual Diagnosis

Dual diagnosis usually refers to a person with a mental illness and a problem with chemical abuse (misuse of illegal drugs or alcohol). Many people who struggle with mental illness also struggle with alcohol and/or drug habits. Sometimes there is a mistaken belief that they can use chemicals to “medicate” the painful feeling that comes with their mental illness. This belief is mistaken because chemical abuse only adds to the suffering, bringing its own mental and physical anguish. People who abuse drugs and alcohol also put themselves at risk of developing a mental illness as a result of the biochemical changes that may occur in the brain.

The treatment of people with a dual diagnosis is a challenge for many communities, as traditionally the treatment has been separated rather than blended. Communities are aware of the need for combining treatment that addresses both problems. Support groups are increasingly becoming more available.

Help is available!

Riverwind Mental Health Crisis Services
763-755-3801

2708 - 119th Ave. N.W.
Coon Rapids, MN 55433

24 hour a day, seven days a week.

Riverwind provides on-call response, assessment, intervention and stabilization services to adults in Anoka County. These services may be received in your home, in a community site or at the Riverwind Crisis Residence.

Mental Health Counselors are available to speak with you 24 hours a day, seven days a week and may see you in person to help you deal with your situation.

Riverwind's Crisis Residence will accommodate up to four (4) adults. Stays at Riverwind Crisis Residence are usually 3-5 days, however, you do not need to come into the Crisis Residence to receive these services.

Case Management

Anoka County
763-422-7070

2100 Third Ave.
Anoka, MN 55303

Mental Health Case Management Intake
Mon.-Fri., 8 a.m. to 4:30 p.m.

Mental health case management for adults with a serious and persistent mental illness. Assist in coordinating and accessing needed services that address clients' mental health needs. Case manager services may be provided by Anoka County or contracted provider.

Vocational

MN Workforce Center
612-783-4800

1201 89th Ave. N.E.
Blaine, MN 55434

Mon.- Fri. 7:30 a.m. to 4:30 p.m. Tues. evenings to 8 p.m.

No-fee job seeker and career research services. Workforce Center members include the state's Rehabilitation Services, Job Service and Reemployment Insurance, plus the county's Job Training Center, Income Maintenance Unit, and Child Care Assistance Unit.

Rise, Inc.
763-786-8334

8406 Sunset Road N.E.
Spring Lake Park, MN 55432

Telephones answered Mon.- Fri., 8 a.m. to 4:30 p.m.

Evaluation, training, supported employment, placement, job coaching, transition services, and follow up services.

Task Unlimited
612-871-3320

2419 Nicollet Ave. S.
Minneapolis, MN 55404

Employment related evaluation and training, supported employment. Placement and follow-up services.

Inpatient Treatment

Mercy Hospital 4050 Coon Rapids Blvd.
763-236-7911. Coon Rapids, MN 55433
Ask for Behavioral Health. Phone answered 24 hours.
Crisis stabilization, assessment, diagnosis, and treatment planning in preparation for outpatient care. Around-the-clock care in a hospital setting.

Anoka Metro Regional Treatment Center 3301 Seventh Ave. N.
763-712-4000 Anoka, MN 55303
Mon.-Fri., 8 a.m. to 4:30 p.m.
Switchboard answered 24 hours, seven days each week.
In-patient mental health treatment. Most patients are committed by courts. Mental illness or dual commitment mental illness/chemical dependency. Limited outpatient services.

Residential Treatment

Community Options 5384 Fifth St. N.E.
763-572-0009 Fridley, MN 55421
24 hours.
An intensive residential treatment facility serving adults with a serious mental illness and, possibly, substance abuse problems. Goal is to assist residents to acquire and use skills and resources needed for successful living in the community, through individual and group counseling. Length of stay will be generally up to 90 days.

Crisis

Anoka County Adult Mental Health Counseling Line
1-866-422-6522
24 hours.
Mental health professionals are available by phone, 24 hours a day, 7 days a week for phone assessment, intervention and supportive counseling.

Many mental illness are physical diseases of the brain

Signs to watch for:

The following signs may indicate there is chemical use/abuse and professional help is needed:

- Daily use for adequate functioning
- An inability to abstain from use
- Repeated efforts to control or reduce use
- Binge use, such as remaining intoxicated throughout the day for at least two days at a time
- Amnesic periods for events occurring while intoxicated
- Continuing use despite a serious physical disorder that the individual knows will be exacerbated by continued use.
- Loss of friends due to behavior while intoxicated
- Excessive spending on chemicals and unable to meet financial obligations

Treatment of Mental Illness

Help is available! Today we know a lot more about mental illness. We have access to improved treatment approaches. More effective medications have less uncomfortable side effects. Depending on the diagnosis and severity of the illness, there are many treatment options and types of care.

Some people need interventions that include skill building, connecting to resources or social support. Other people need medication as well. This is often the case in severe disorders such as bipolar disorder, major depression and schizophrenia. There are many types of medication available. Many of today's medications have fewer side effects than some of the older medications. Getting the right medication requires an accurate diagnosis from a qualified professional.

There are many forms of psychosocial interventions. These include group and family therapy, marital counseling, recreational and occupational therapy, social supports, and vocational programs. These various services can help people with family relationships, communication skills, skills for daily living, and social and job skills.

In some situations, treatment may take place at home or in a group setting in the community. In other situations, hospitalization may be needed.

Remember, getting the right treatment requires an accurate diagnosis from a qualified professional. People who experience mental illness can lead independent, productive and satisfying lives.



For More Information on Mental Illness

Mental Health Association of Minnesota, 612-331-6840.
Mental Health Consumer/Survivor Network, 651-637-2800.
National Alliance for the Mentally Ill of Minnesota, 651-645-2948.
Websites: www.mentalhealth.org and www.mhsource.com



Getting Help

Crisis

When someone feels or acts out of control, it's called a crisis. If a family member or friend is experiencing a serious episode of mental illness, you should consult a mental health professional for assistance. If there is a threat of violence or self-harm, call 911.

Crisis - Call 763-755-3801

Expresses serious thoughts of suicide.

Hears disturbing voices and/or sees disturbing visions that others do not see or hear.

Exhibits manic or otherwise bizarre behavior, Severe depression, disorientation, or confusion.

Emergency - Call 911

Has an adverse reaction to psychiatric medications.

Shows uncontrollable anger or Makes threats of harm to others.

Imminent danger.

Suspected drug overdose.



Crisis help is provided by

Riverwind Crisis Services 763-755-3801
(see pages 17 for complete description)

Anoka County Counseling Line 1-866-422-6522

Outpatient Treatment (Cont.)

	SLIDING FEE				
	DAY TREATMENT				
	PSYCHIATRY				
	FAMILY COUNSELING				
	INDIVIDUAL COUNSELING				
Family & Children's Service 6900 78th Ave. N. Brooklyn Park, MN 55445 763-560-4412 Mon. 10 a.m. to 8 p.m. Tues. and Weds. 8 a.m. to 8 p.m. Thurs. and Fri. 8:15 a.m. to 4:30 p.m.	X	X			X
Family Life Mental Health Center 1930 Coon Rapids Blvd. Coon Rapids, MN 55303 763-427-7964 Mon.-Thurs. 9 a.m. to 8 p.m., Fri. 9 a.m. to 5 p.m.	X	X	X	X	X
Lutheran Social Services 1201 89th Ave. N.E., Suite 390 Blaine, MN 55434 763-783-4940 Day and evening appointments available during the week.	X	X			X
Mercy Hospital - Adult Mental Health Patient Program (AMHOP) Mailing Address: 4050 Coon Rapids Blvd. Coon Rapids, MN 55433 4025 Coon Rapids Blvd. Coon Rapids, MN 55433 763-236-8700 Mon.-Fri. 8 a.m. to 4:30 p.m.					X
North Metro Psychiatry 2475 NW 15th Street, Suite D New Brighton, MN 55112 651-636-0308			X		
North Suburban Counseling Center 425 Coon Rapids Blvd., Suite 200 Coon Rapids, MN 55433 763-784-3008 Mon.-Fri. 9 a.m. to 4 p.m. Some evenings.	X	X	X		X
Nystrom and Associates, Ltd., Clinic 1900 Silver Lake Road New Brighton, MN 55112 651-628-9566 Day and evening appointments available during the week.	X	X	X	X	X

Outpatient Treatment

	SLIDING FEE	DAY TREATMENT	PSYCHIATRY	FAMILY COUNSELING	INDIVIDUAL COUNSELING
ABC Family Counseling 403 Jackson St., Suite 308 Anoka, MN 55303 Phone: 763-786-9822 Fax: 763-786-7749 9 a.m. to late evening, Mon.-Fri.			X	X	X
Alternative Counseling Clinic, 8990 Springbrook Dr., Suite 152 Coon Rapids, MN 55433 763-780-4440 Day and evening appointments, 9 a.m. to 8 p.m. Closed Fri.		X	X		
Associated Counseling Psychologist 649 Old Highway 8 NW New Brighton, MN 55112 763-572-2326 Mon.-Fri. 9 a.m to 9 p.m. By appointment only.		X	X		X
Allina Behavioral Health Services, Northtown Clinic 7590 Lyric Lane Fridley, MN 55432 763-236-3800 Day and evening appointments.				X	
Behavioral Health Services, INC. (BHSI) 6401 University Avenue NE, Suite 304 Fridley, MN 55432 763-572-1611		X	X	X	
Catholic Charities 1201 89th Ave. N.E., Suite 385 Blaine, MN 55434 Intake: 651-215-2209 (St. Paul) 8 a.m. to 4:30 p.m., Mon.-Fri. Office: 763-783-4950 (Blaine) Mon. 8 a.m. to 6 p.m., Tues. noon to 9 p.m. Fri. 1:00 p.m. to 4:30 p.m.		X	X		X
Central Center for Family Resources 1485 81st Ave. N.E. Spring Lake Park, MN 55432 (Satellite in Blaine) 763-780-3036 8:30 a.m. to 5 p.m. Some evenings and weekends.		X	X	X	X

What to Do in a Crisis

For Yourself

If you think you may be experiencing a mental health crisis, it is important to know that help is available. Find someone you can talk to about what is happening. This can be a friend, a family member or anybody else you trust. You can also call the *Riverwind Crisis Services at 763-755-3801* or the *Anoka County Counseling Line at 1-866-422-6522*, or consult the Community Mental Health Services section of this pamphlet for additional resources.

If you know that you have a mental illness, it's important to educate yourself about your illness and the best ways to manage it. Ask your doctor or health care professional for information about your illness and any medications you may be taking. There is a lot of written information about mental illness available as well. Find out about the resources in your community by calling the agencies listed in the resource section. Your local library reference desk or the Internet will provide information, too.

Understand mental illness warning signs and know how to act if they occur. It is critical to preventing a crisis. Warning signs are cues that you may be at risk of becoming ill. Each person has unique warning signs, however, there are some common ones that occur with certain types of illnesses. For example, difficulty sleeping is a common warning sign of mania.

Develop a plan for when you have increased stress and when you find it hard to manage daily life. Use this plan to help take care of yourself before the problems overwhelm you. This type of planning helps you maintain control of your life. There is a crisis planning page in the back of this booklet.

How Friends and Family Can Help

- Stay calm
- Create a supportive environment
- Give person some space
- Don't demand answers to questions
- Listen to their concerns and don't make critical remarks

As a family member or friend, you are often actively involved in getting someone to the hospital.

If the person refuses voluntary treatment, you are an important source of help and information. You can give information to establish that a clear and imminent danger exists and that the person in crisis needs treatment. Give clear, specific examples of the behaviors that show danger, even if it is stressful and painful for you.

Take notes. It's hard to remember details when you're under stress. Give the written record to the doctors or police. Be specific. It is more effective to write that you were threatened at dinner last night than to just say the individual hates you. Although your feelings are important, the professionals need a description of the crisis behavior.

Hospitalization

The hospital can provide a safe environment away from the problems and stress that led to a crisis. Because long hospital stays are not common, discharge planning should start soon after admission.

The person in crisis may agree to hospitalization. In other cases, involuntary admission may be appropriate.

The physician at the emergency facility has several options:

- Release the individual.
- Offer some form of voluntary treatment, outpatient or inpatient.
- Hold the person up to 72 hours. This hold is based on the symptoms of mental illness and the clear and imminent danger that the person may harm self or others.

In a 72 hour hold, the person in crisis is admitted to the hospital. The hold lasts for three working days, not including weekends or holidays. Steps are taken to ensure the person gets the treatment they need. If they choose not to accept treatment voluntarily, commitment proceedings may begin. If the courts agree, the patient can be forced into some kind of treatment. A case manager is assigned. The case manager helps the patient get the services he or she needs.

Only Minnesota and Maryland have legislation stating that insurance companies cannot discriminate on healthcare benefits.

People Inc. 2665 Fourth Ave. N. #108
763-422-0489 Anoka, MN 55303
Supportive housing for adults with serious and persistent mental illness. Independent living skills training, benefits assistance, medication monitoring, and case management.

Rise, Inc. 8406 Sunset Road N.E.
763-786-8334 Spring Lake Park, MN 55432
Serving adults with serious and persistent mental illness. Independent living skills training, benefits assistance, vocational training and support, housing, housing support, medication monitoring.

Supportive Living Services 5615 Brooklyn Blvd. #200
763-537-6612 Brooklyn Center, MN 55429
Serving adults with serious and persistent mental illness. Independent living skills training, benefits assistance, housing support, medication monitoring.

Tasks Unlimited 2419 Nicollet Ave. S.
612-871-3320 Minneapolis, MN 55404
Supported housing, employment and mental health services for adults with serious and persistent mental illness.

Severe mental illnesses are more common than cancer, diabetes or heart disease.

Community Mental Health Services

Community Support Services and Housing

Anoka County Housing Coordinator 2100 Third Ave.
763-422-7304 Anoka, MN 55303
Referrals, counseling and resource information for low income or special needs housing.

Anoka County Mental Health Services 2100 Third Ave.
763-422-7070 Anoka, MN 55303
Case management, housing subsidies, information, and referral.

Bridgeview Club Program site: 1121 80th Ave. N.E.
763-783-7440 Spring Lake Park, MN 55432
Call for drop-in hours. Mailing address: 1485 81st Ave. N.E.
Spring Lake Park, MN 55432

Psycho-social program serving Anoka County adults experiencing serious and persistent mental illness. Provides drop-in center, support, recreation, groups (chemical health/mental health, art, crafts, women's groups, and others) and outreach.

Columbia Heights Board and Lodge Volunteers of America
763-574-1167 4653 Central Ave.
Columbia Heights, MN 55421
Room and board with 24 hour support services.

Family Support Services Inc. 1900 Silver Lake Road, Suite 115
651-628-4993 New Brighton, MN 55112
Fax: 651-628-0411
Serving adults with a serious mental illness. Intensive adult rehabilitative services that include independent living skills training, management for benefits, housing supports and medication monitoring. Funded through Medical Assistance.

An Overview of the Commitment Process

The civil commitment process is intended to assure that people with serious and persistent mental illness receive hospitalization and treatment. There are several steps to the commitment process.

- A concerned person seeks to file a petition for commitment. The concerned person is usually a family member, friend or professional.
- Before a petition can be filed, a designated county social service agency conducts an investigation.
- If the decision is to petition for commitment, a pre-hearing examination is scheduled with a mental health professional. A lawyer is appointed for the proposed patient. The proposed patient may choose to have a second opinion.
- If the person is being held involuntarily in a hospital until a full commitment hearing takes place, a preliminary hearing is scheduled within 72 hours of the expiration of the initial hold, not including holidays and weekends.
- The commitment hearing is scheduled and held within two weeks. The initial commitment is for a maximum of six months. If necessary, it can be increased to one year.

Following commitment, an individual needing acute care generally stays in the hospital. The stay lasts a few weeks until he or she is stabilized, often with the help of medication. If the person is severely ill and continues to be an active danger to self or others, the patient may need a longer stay. Longer stays are usually in a regional treatment center, formerly called a state hospital. In this area, Anoka Metro Regional Treatment Center is usually used.



Resources

Anoka County Community Social Services and Mental Health Department for information on case management services and the petition process, 763-422-7070.

Mental Health Case Management

People with serious and persistent mental illness (SPMI), who are experiencing significant barriers because of their mental health, can have the support of a case manager. Case managers have many roles, but their primary goals are to help people assess their mental health problems, develop goals to promote health and recovery with their mental illness, and coordinate with the multi-array of services to find the most appropriate support for recovery.

Some examples are shown below of the types of support and services that a case manager can assist with.

- Crisis planning and linkage to crisis services.
- Mental health housing support and programs.
- Intensive case management and nursing services.
- Medication and symptom monitoring.
- Medical assistance funded services.
- Chemical health support.

Your needs will change over time, and getting the right services at the right time is key to recovery. The kind and amount of ongoing support you use will change as you progress toward achieving self-sufficiency and independence.



For more information on case management services in Anoka County, call 763-422-7070.

21% of hospital beds are filled by patients with mental illness, the leading reason for hospital admissions

Community Support Services

There are many types of community support services. In the case of mental illness, these supports are usually known as Community Support Programs or CSP services. The law mandates that counties must provide CSP services. CSP services include and are usually coordinated with case management, but many are available directly.

Counties offer CSP services in different ways. In Anoka County, an array of CSP services are provided by a number of mental health providers. These services usually apply a philosophy of recovery based on client strengths.

Examples of CSP services include:

- **Case management services**, as described in the case management section of this pamphlet.
- **Independent living skills or support services**. A support worker can come to the client's home. As needs or problems arise the support worker offers counseling support, medication monitoring, assistance applying for benefits, or transportation help. She or he also offers skills training and information about other sources of help.
- **Day treatment or support groups**. There are many support groups that offer self-help, advocacy, or educational information. Day treatment programs provide therapy, support and education in a more formal setting.
- **Vocational and educational services**. These programs provide help with job training, finding and keeping jobs, supported employment, job coaching, and education.
- **Supported housing and residential treatment**. There are a variety of housing options that provide varying levels of support and supervision.
- **Hospitalization and crisis services**. See "Getting Help" in this pamphlet.
- **Outpatient mental health centers**. Many clinics provide outpatient individual and group counseling, psychiatric and family services.

The next section provides a list of Anoka County's CSP services along with other support services.



For more information on Anoka County Community Support Services, call Anoka County, 763-422-7070 or Bridgeview Club, 763-783-7440.