Individuals with mental illness struggle with the stigma that is attached to it and with the difficulties of trying to live normally. For years, they have also neglected their physical well-being because of the fragmented health care system and the many barriers they face in accessing care – including lack of insurance, unemployment, poverty, and simply the inability to get to a doctor’s office.

At MHR we believe that persons with mental illness can learn to lead full lives in the community. We challenge ourselves and the larger community to address barriers that inhibit their independence, growth, and recovery. For 36 years, MHR has been a stabilizing force in pulling together fractured lives and making them whole.

But we need to do more – much more. Individuals with mental illness are dying young – on average 25 years younger than you or I. They die from chronic diseases like cancer and heart disease. They die because they do not receive proper health care.

MHR is proposing to greatly expand our services by bridging the gap between mental health and medical care with a 21st century model of wellness that will integrate health care and help reduce costly trips to the emergency room, create healthy lifestyles, restore dignity, and help individuals to become contributing members to our society.

Through “Invisible No More: A Campaign for Innovative Solutions” we seek to make a brighter, more stable community where each of us will stand together in dignity.

Kathy Gregersen
EXECUTIVE DIRECTOR
MISSION
Mental Health Resources seeks to foster hope, health and recovery for those affected by mental illness.

VISION
MHR will be an innovator and premier provider of recovery-based, behavioral health services in the metropolitan area. In adapting to the changing environment, MHR and its collaborators will develop innovative approaches to recovery-based services that demonstrate measurable outcomes for improving the lives of those affected by mental illness.

HISTORY
Since its inception in 1976, Mental Health Resources has been leading the fight to abolish the stigma of mental illness, and has championed the need to recognize mental illness as a medical condition. MHR’s first program began as a response to a grassroots movement of families, clients, and service providers who were concerned about the closing of Hastings State Hospital and the lack of essential services. Today, MHR provides home-based services and programs to over 5,000 clients in the Twin Cities Metropolitan Area.

169,000
NUMBER OF INDIVIDUALS WITH MENTAL ILLNESS IN THE TWIN CITIES.

5,000+
NUMBER OF CLIENTS MHR SEES EACH YEAR.

25
INDIVIDUALS WITH MENTAL ILLNESS DIE, ON AVERAGE, 25 YEARS EARLIER THAN GENERAL PUBLIC.
**SARAH’S STORY**

Sarah is 32 years old and has been diagnosed with Schizoaffective Disorder Bipolar Type. She has two smart, beautiful children who currently live with their grandmother as Sarah works to stabilize her life. Because Sarah’s mental illness did not manifest until fairly recently, she and her family were completely unprepared and ill-equipped to manage the diagnosis. Left untreated, Sarah’s illness can cause hallucinations, delusions, and extreme paranoia, which all contribute to her psychosis. When she started taking her medications, Sarah felt better and thought she was “back to normal.” She then stopped taking her medications and began a downward spiral that led to a month-long hospitalization. Following that episode, Sarah was referred to Mental Health Resources. Working with her MHR Case Manager, Sarah has begun to accept the fact that she not only has a serious mental illness, but that it is something she will have to manage for the rest of her life. She is now living in an Intensive Residential Treatment Services (IRTS) setting, and is close to moving into Corporate Adult Foster Care where she can begin the transition towards independence. With support from MHR, Sarah has a plan in place to eventually be employed, living independently, and most importantly, reunited with her children.
PERSONS WITH MENTAL ILLNESS OFTEN FEEL INVISIBLE – LIKE THEY HAVE BEEN FORGOTTEN BY SOCIETY. WHEN THEY COME TO MHR, THEY HAVE OFTEN FACED YEARS OF ISOLATION, SUBSTANCE ABUSE, POVERTY, AND SOCIAL MARGINALIZATION, AS WELL AS MULTIPLE EPISODES OF HOMELESSNESS. WHILE AT MHR, THEY EXPERIENCE HOLISTIC SUPPORTS FOR THEIR PHYSICAL AND MENTAL HEALTH ISSUES TO HELP THEM BECOME VISIBLE AGAIN. LIKE EVERYONE ELSE, MHR CLIENTS WANT TO BE CONTRIBUING MEMBERS OF THE COMMUNITY. THROUGH THE COMPREHENSIVE PROGRAMS AND SERVICES AT MHR, LIVES ARE STABILIZED, FAMILIES ARE HEALED, AND SELF-RELIANCE AND PREVENTATIVE STRATEGIES REPLACE EMERGENCY ROOMS AND OTHER INSTITUTIONALIZED TREATMENT. ULTIMATELY, MHR ENHANCES ITS CLIENTS ABILITY TO LIVE INDEPENDENTLY AND VIBRANTLY IN THE COMMUNITY.

RESTORING DIGNITY AND SELF-WORTH.
TREATING COMPLEX CLIENTS IN AN ENVIRONMENT OF DIGNITY AND RESPECT.

All of the programs and services at MHR flow from the agency’s mission to foster hope, health and recovery for those affected by mental illness. Our focus is on helping individuals realize their goals toward recovery, reintegration with others, and access to needed medical and support services.

OVER 5,000 INDIVIDUALS RECEIVED MHR SERVICES IN 2011.

MHR PROGRAMS & SERVICES + CLIENTS SERVED IN 2011

- 1,499 TARGETED CASE MANAGEMENT (TCM) TEAMS
- 297 ASSERTIVE COMMUNITY TREATMENT (ACT) TEAMS
- 270 MENTAL HEALTH OUTREACH CLINIC (MHOC)
- 151 METRO INTENSIVE TREATMENT TEAM (MITT)
- 723 SPECIAL NEEDS BASIC CARE (SNBC)
- 412 SEWARD COMMUNITY SUPPORT PROGRAM
- 1,005 HOUSING VOUCHER PROGRAM
- 119 SUPPORTIVE HOUSING PROGRAMS

OVER 5,000 INDIVIDUALS RECEIVED MHR SERVICES IN 2011.
INTEGRATING CARE TO BRING BALANCE AND STABILITY.

TODAY MHR IS IMPLEMENTING A STRATEGY TO MEET THE MENTAL HEALTH CHALLENGES OF THE 21ST CENTURY. A RECENT STUDY SHOWS THAT ADULTS WITH A SERIOUS AND PERSISTENT MENTAL ILLNESS (SPMI) DIE, ON AVERAGE, 25 YEARS EARLIER THAN THE GENERAL PUBLIC. THE LEADING CAUSES OF THESE PREMATURE DEATHS ARE HEART DISEASE, LUNG DISEASE, DIABETES AND CANCER. ONE BASIC REASON FOR THE EARLY DEATHS IS THAT VERY FEW INDIVIDUALS WITH MENTAL ILLNESS ROUTINELY SEE THEIR PRIMARY CARE PHYSICIANS FOR HEALTH SCREENINGS. YET, WITH REGULAR SCREENINGS, THESE DISEASES CAN OFTEN BE PREVENTED BY LIFESTYLE CHANGES OR DETECTED EARLY SO TREATMENT CAN CONTROL THEM.

DUE TO A LACK OF COORDINATED CARE IN AN OFTEN FRACTURED HEALTH CARE SYSTEM, INDIVIDUALS WITH MENTAL ILLNESS WHO HAVE MULTIPLE HIGH-RISK HEALTH CONDITIONS CONTINUE TO FALL THROUGH THE CRACKS. MHR HAS EMBARKED ON A CRUCIAL STRATEGY TO ADDRESS THE GAP IN SERVICES FOR THESE INDIVIDUALS BY DEVELOPING A COMPREHENSIVE INTEGRATED APPROACH TO THEIR CARE WHICH INCORPORATES THEIR MEDICAL AND MENTAL HEALTH ISSUES.
GOAL

THE GOAL OF MHR’S DEVELOPMENT CAMPAIGN IS TO CREATE A 21ST CENTURY MODEL OF WELLNESS AND INCREASE CAPACITY TO PROVIDE RELEVANT, INTEGRATED CARE AND SUPPORT SERVICES TO A DIVERSE AND GROWING POPULATION.

PROVIDING SOLUTIONS.

AN INNOVATIVE APPROACH.

OBJECTIVES

EXPAND OUR INTEGRATED SERVICE APPROACH TO INCORPORATE A HOLISTIC WELLNESS MODEL HIGHLIGHTING PREVENTION, NUTRITION, DISEASE MANAGEMENT PROGRAMS, SUBSTANCE ABUSE RELAPSE PREVENTION, AND THE LATEST EVIDENCE-BASED PRACTICES.

PILOT A PREVENTION PROGRAM WITH STRATEGIC PARTNERS IN ORDER TO TEACH COPING AND RESILIENCY SKILLS FOR THE CHILDREN OF MHR’S CLIENTS.

IMPLEMENT A DENTAL CARE PROGRAM. MANY MEDICATIONS PRESCRIBED TO TREAT MENTAL ILLNESS ACTUALLY CAUSE DENTAL PROBLEMS. ADDITIONAL FUNDING BEYOND MEDICAL ASSISTANCE IS NEEDED TO PROVIDE OUR CLIENTS WITH CROWNS, REPAIRS AND OTHER DENTAL ESSENTIALS.

EXPAND OUR ABILITY TO EFFECTIVELY COLLECT DATA AND PRODUCE OUTCOMES WHICH WILL DEMONSTRATE OUR PROVEN SUCCESS WITH COMPLEX CLIENTS. THE OUTCOME MEASURES WILL LEAD TO MORE DATA DRIVEN DECISIONS, WHICH WILL ENHANCE THE QUALITY OF CARE FOR CLIENTS. THE ABILITY TO PRODUCE THESE OUTCOMES AND MEASURES IS DEPENDENT ON ENHANCING OUR I.T. CAPABILITIES.
AND ENSURING SHATTERED LIVES ARE MADE WHOLE.

“INVISIBLE NO MORE: A CAMPAIGN FOR INNOVATIVE SOLUTIONS” IS DESIGNED TO HELP MHR DEVELOP A MODEL OF WELLNESS FOR THE 21ST CENTURY. THE RESULT WILL BE INCREASED CAPACITY TO PROVIDE RELEVANT, INTEGRATED CARE AND SUPPORT SERVICES TO A DIVERSE AND GROWING POPULATION. MHR WILL BE BETTER POSITIONED TO RESPOND TO THE MANY CHALLENGES OUR COMMUNITY FACES IN THE CHANGING MENTAL AND PHYSICAL HEALTH CARE ENVIRONMENTS.
Streamlined and coordinated service delivery so that clients will have better continuity of care and be less likely to fall through the cracks.

Better clinical outcomes due to an increased focus on prevention, nutrition, disease management and substance abuse relapse prevention.

Lower hospitalization admissions and use of emergency room services as medical and mental health issues are more effectively addressed by MHR.

Increased clients’ ability to maintain healthy lifestyle practices in order to live independently, obtain and maintain employment, and become contributing members of society.

Enable children of MHR’s clients to develop coping and resiliency skills to increase their ability to succeed.

Improve coordination of client information as well as share information more effectively within the healthcare system.
Mental Health Resources (MHR) seeks to foster hope, health and recovery for those affected by mental illness. Since its inception in 1976, MHR has been leading the fight to abolish the stigma of mental illness, and has championed the need to recognize mental illness as a medical condition. Today, MHR provides home-based services and programs to over 5,000 clients in the Twin Cities Metropolitan Area.