



# **Mental Health Resources, Inc. (MHR)**

## **Metro Intensive Treatment Team**

**MHR/Spectrum Central Referral Line: (612) 269-0186**

The Metro Team provides short-term, intensive, community based, face to face case management services to consumers in the Twin Cities and surrounding areas. Our mission is to “support, connect and educate clients in order to reduce symptoms and stressors, improve functioning, and promote optimal life quality in the community.”

### **Who We Serve**

Adults with serious mental illness and chemical dependency diagnoses who may be experiencing:

- Active substance abuse and mental illness symptoms
- Multiple complex issues or needs with impaired functioning
- Symptoms exacerbated by environmental factors, lack of supports, unstable living situations
- Barriers to appointment, medication, or treatment plan compliance
- Frequent hospitalizations or utilization of acute care/emergency services

### **Our Goals**

- Stabilize clients in the community
- Reduce unnecessary utilization of acute services - reduce length of stay in inpatient settings
- Divert from civil commitment and Regional Treatment Centers
- Coordinate transitional and supportive services to maintain independent living
- Teach how to utilize natural and community supports and establish long term supports
- Empower clients with skills to navigate systems and increase their independence

### **Services Provided**

- In-home services for high complexity and hard to reach individuals
- Assess mental health, chemical health, and functional status
- Refer, connect, advocate with health providers, community resources, social services
- Support for developing and following treatment/goal plans
- Mental health and medication monitoring and education
- Education and support to family members
- Crisis planning and intervention
- Discharge and continued care planning
- Coordination of transportation services for client appointments

### **Scope of Services**

- Face to face: visits x 5 days/wk, Mon-Fri (8am-4:30pm), according to intensity of need
- Short-term: average 3-6 months
- Coverage area: Ramsey, Dakota, Washington, Hennepin, Scott and Carver counties
- Weekly team meetings and clinical supervision