



Mental Health Services

Adult Rehabilitative Mental Health Services (ARMHS)

ARMHS is a recovery-based rehabilitative program that enables individuals to develop and improve their psychiatric stability in various areas of their lives, such as mental illness symptom management, interpersonal communication, household management and relapse prevention. Skills that have been lost or diminished due to symptoms of mental illness can be acquired, practiced and enhanced through training and education. Our qualified ARMHS Practitioners provide one-on-one support both in the home and in the community. (Funded by MA) Learn more: reachforresources.org/ARMHS



Children's Mental Health Targeted Case Mgmt (TCM)

Children's Mental Health Targeted Case Management assists children diagnosed with a severe emotional disturbance (SED) and their families with assessing, accessing, coordinating, monitoring and planning mental health services. Case management services help the child/family obtain needed mental health services, social services, educational services, health services, vocational services, recreational services and related services in areas such as volunteer services, advocacy, transportation and legal services. Reach provides Hennepin County contracted case management services to families living within Hennepin County with children ages 5-21 who meet the need for these services. (Funded by MA and/or Hennepin County) Learn more: reachforresources.org/TCM

Parenting Capacity Services (PCS)

Reach is contracted with Hennepin County to provide parent education to families receiving child protection services with a goal of keeping children with their family, in their community and with support for their long-term stability. Our trained Parent Educators incorporate Quality Parenting Initiative (QPI) practices and Protective Factors (parent resilience, nurturing and attachment, knowledge of parenting and child development, social and emotional competence of children, social connections, concrete supports) in supporting families with children placed both in and outside the home to promote relationship building in hopes of reunification and/or reduced involvement with child protection services. This program is restricted to families directly referred to Reach by Hennepin County Child Protection Services. Learn more: reachforresources.org/PCS



Who is Reach for Resources?

Reach for Resources is a nonprofit that empowers people of all-abilities to reach their full potential. This is done by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being. Reach supports individuals throughout the Twin Cities and surrounding suburbs and offers four different service areas: Adaptive Recreation & Inclusion, Community Living Services, Case Management and Mental Health Services. To learn more, visit: reachforresources.org.

5900 Green Oak Dr., Ste 303
Minnetonka, MN 55343

Jessica Cermak
Managing Director - Mental Health Services

(p) 952-737-2980
jcermak@reachforresources.org