



## Person-Centered Services

For over 40 years, Reach for Resources has proudly provided person-centered mental health supports and services to individuals with disabilities across Minnesota. This milestone marks four decades of dedication to our mission: empowering people of all abilities to reach their full potential. Over these 40 years, we've built a solid foundation that not only reflects our past achievements but also sets the stage for continued growth and innovation in the future. Here's to celebrating our journey and the many more years of impactful service ahead!



## Volunteer With Us!

"When volunteering with Reach, it gave me the experience to get involved with helping those in need in fun and exciting ways."

- Ben, high school student

"My family and I are blessed to be able to volunteer with this organization!"

- Katie, mom of three

"I have enjoyed forming relationships with the people on my caseload and it's incredibly rewarding to see the progress they've made."

- Anna, college intern

**Volunteering with Reach can be done in a variety of ways and at various times.**

To learn more visit:  
[reachforresources.org/volunteer](https://reachforresources.org/volunteer)

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**Empowering people of all-abilities to reach their full potential.**

[reachforresources.org](https://reachforresources.org)

WE PROVIDE INDIVIDUALIZED SERVICES THAT

*Maximize Independence — Boost Engagement — Enhance Well-Being*



## Adaptive Recreation

We provide adapted recreation programs for people with developmental disabilities, promoting physical health, confidence, team building, and fun through non-competitive activities. Some of our programs include:

- Adaptive Sports & Fitness
- Arts & Crafts
- Nature-Based Activities
- Cooking Classes
- ILS Therapy
- Social Activities

## Case Management

Our case managers collaborate with individuals, families, and providers to create personalized service plans. This includes:

- Complete all assessments
- Inform the treatment team of service options
- Identify, evaluate and monitor services
- Advocate on behalf of the individual
- Research and access additional resources

## Employment Supports

Reach collaborates with employers to create positive work experiences and competitive employment for individuals with disabilities. Our employment services include:

- Vocational Assessments
- Support with Placements
- Job Searching
- On-site Training
- Resume Assistance



## Housing Services

We are committed to helping individuals with disabilities find and maintain stable housing. By providing the right support from housing professionals, we assist individuals in transitioning into housing, ensuring long-term stability, and preventing future homelessness or institutionalization.

## In-Home Support

Our compassionate community living specialists support adults with developmental disabilities in achieving self-reliance and integrating into the community. They provide services that are tailored to each individual's preferences, goals, and abilities.

## Inclusion

Reach is contracted with over 18 local city parks and recreation departments to provide free inclusion staff support when a person with a disability requests additional accommodations. Programs may include: t-ball, dance, swimming lessons, science camp, skating, and many more!

## Mental Health

Our experienced mental health team specializes in addressing both disability and mental health challenges. The services we offer include:

- Adult Rehabilitative Mental Health Services (ARMHS)
- Children's Mental Health Targeted Case Management (CMH-TCM)
- Strengthening Families Together



## Therapy

We offer comprehensive in-person and virtual counseling services designed to support individuals and families in navigating life's challenges. Our team of dedicated and compassionate professionals provides personalized therapy to address a wide range of mental health concerns, including:

- Anxiety
- Depression
- Relationship Issues
- Trauma
- Work/Life Balance
- Stress Management
- Grief & Loss
- Disabilities
- Behavioral Issue
- And So Much More

## Transportation

Reach offers a variety of safe, accessible, and reliable transportation for people with disabilities.

**Reach in Motion** allows individuals to use county waiver or county funds to cover Lyft rides through a Lyft Pass arranged by our Transportation Manager.

**Trail by Reach** offers transportation services for adults with developmental disabilities across more than five cities. We transport riders to programs provided by Adaptive Recreation & Learning Exchange (AR&LE) and Reach.

