

We provide individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being.

## Reach Services:

- Adaptive Recreation
- Case Management
- In-Home Supports
- Housing Stabilization Services
- TRAIL
- Employment Supports
- Inclusion
- Mental Health Services
- Counseling & Group Therapy



## 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](http://reachforresources.org/volunteer)**

5900 Green Oak Drive, Suite 303  
Minnetonka, MN 55343

Phone: 952-200-3030

Fax: 952-229-4468

[reachforresources.org](http://reachforresources.org)  
[info@reachforresources.org](mailto:info@reachforresources.org)

@Reach4Resources



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

## Adaptive Recreation

Reach offers a variety of recreation programs specifically adapted to meet the needs of children and adults with developmental disabilities. The programs are designed to promote physical health, gain confidence, enhance team building skills and to have fun! We offer a non-competitive environment and programs are designed for ages 14 through adulthood. We are also certified in ILS Therapy for recreation, art and music. Our adaptive programs include:

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

## Case Management

Our case managers work with individuals, their families and current providers to create a person-centered service plan based on the individuals needs. This is done by:

- 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

Waiver types we currently serve: BI, CADI, DD and DD-CDCS.

## Mental Health

Our experienced mental health team are duly trained to address both disability concerns and mental health disorders. The services we offer are:

- Adult Rehabilitative Mental Health Services (ARMHS)
- Children's Mental Health Targeted Case Management (CMH-TCM)
- Parenting Capacity Services (PCS)

## Inclusion

Reach works with area city parks and recreation departments to provide an extra staff person at a program when a child, teen or adult with a disability requests additional accommodations to be successful. Inclusion services are offered in:

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Chaska
- Crystal
- Edina
- Golden Valley
- New Brighton
- New Hope
- Plymouth
- Robbinsdale
- Roseville
- St. Louis Park
- Three Rivers Park District
- Woodbury

## Counseling

Reach offers individual and group therapy services to adults, adolescents and families of all abilities in need of emotional support. We strive to help clients share their personal struggles, develop awareness of their emotional patterns, develop understanding of the function of emotions and create emotional coping strategies. We do this by providing support, guidance, education, resources and connections to others on their journey toward personal growth.

We provide counseling for:

- Abuse and trauma
- Accelerated Resolution Therapy for Trauma
- ADHD
- Anger Management
- Anxiety
- Behavioral Issues
- Brain Injury/Stroke
- Cognitive & Physical Disabilities
- Depression
- Divorce
- Health Issues
- Grief & Loss
- Life Transitions
- Relationship Issues
- Self-Esteem
- Severe & Persistent Mental Illness
- Sexual Orientation & Gender Identity
- Stress Management
- Work/Life Balance

## In-Home Supports

The In-Home Supports team helps adults with developmental disabilities achieve the highest level of self-reliance, as well as, integration into their communities. We work with individuals by providing person-centered services that work best for each individual and their families.

## Housing Services

Reach provides Housing Stabilization Services and Housing Support - Independent. We help people find independent housing and work with each person to maintain their housing once it is in place.

## Employment Supports

This department works in cooperation with different employers to provide a positive work experience for people with disabilities within the community. Employment services can be funded through waiver, county funding or VRS. Supported employment can provide:

- Resume assistance
- Vocational Assessments
- Support with Placements
- Job searching
- On-site training

## TRAIL

TRAIL provides transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina and Richfield. We solely transport our riders to recreation, leisure and educational programs offered by Adaptive Recreation & Learning Exchange (AR&LE). All programs are specifically designed to meet the needs of people with developmental disabilities, providing the independence to enrich their lives, mentally, creatively and socially.