



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



Who is Reach for Resources?

Reach is a nonprofit organization who empowers people of all-abilities throughout the Twin Cities metro and surrounding suburbs. We provide individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being. As an organization, we believe that our community is a better place when it is inclusive, and every individual and family, regardless of ability, has the chance to be successful.

What services does Reach provide?

We provide a wide variety of services that support over 1,300 children, adults and families to live, work and play in their own communities. Our services include:

- Adaptive Recreation
- Case Management
- Employment Supports
- Inclusion
- In-Home Supports
- Counseling
- Housing Supports
- TRAIL
- Mental Health Services
 - ARMHS
 - CMH-TCM
 - PCS



How does Reach empower people?



We provide adaptive programs that promote physical health, build social skills, help with community integration and enhance team building skills.

Because of Reach's Adaptive Rec programs, individuals like Susan are able to enjoy weekly yoga classes with her friends. These classes focus on breathing techniques and increased body awareness while being specifically adapted to meet the needs of individuals with a wide range of disabilities.



Reach empowers individuals with disabilities to find and sustain positive work experiences. This service focuses on resume assistance, job searching, on-site training & job coaching.

Andrew needed assistance finding meaningful employment in a more competitive, integrated setting and Reach was their to help. Utilizing Employment Services, Andrew was able to find a job he loves within three months. Plus, he's making the highest wage he's ever made!

Get involved!

Volunteer | Attend an Event
Join our Mail List | Donate
Share Reach with Family/Friends

Scan Me!



Reachforresources.org



Online Resources: Newsletter & Bill Pay

Online Bill Pay

If you have received an invoice from Reach, we have the option to pay your invoice online: web.charityengine.net/billpay. Cash or check Payments can be mailed to our office for processing.

If you have any questions, please reach out to:
Roseann Lent
Finance & Office Manager
952-200-5024 | rlent@reachforresources.org
5900 Green Oak Drive, Suite 303 | Minnetonka, MN 55343

Scan for Online Bill Pay



Newsletter & Reach Reader Online Sign Up

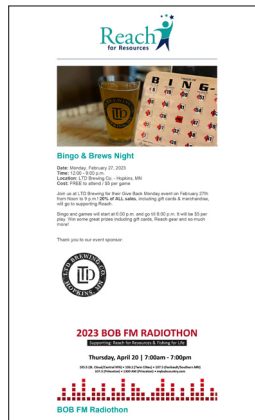
Want to stay up-to-date with the latest news, updates and program information at Reach? Subscribe to our free quarterly printed newsletter, monthly emails and social media accounts. Register online at: web.charityengine.net/ReachNewsletterSignUp.

Scan to sign-up for our newsletters



Reach Reader

Our printed newsletter will be mailed, for free, to your house every 3-4 months. The Reader includes great articles, upcoming fundraising events, latest Reach news, adaptive rec programs and the registration form for adaptive rec programs.



Monthly Email

Our monthly email includes upcoming fundraising events, important Reach updates, adaptive rec programs and other relevant Reach information.

Newsletter & Reach Reader Sign Up

Please detach and mail this form to the Reach office:
3900 Green Oak Dr., Suite 303, Minnetonka, MN 55343 or give it to a Reach employee.

Subscribe to the printed newsletter (Reach Reader).

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Subscribe to the monthly email newsletter

Name: _____

Email: _____

Phone (optional): _____



Reach for Resources is a nonprofit organization who empowers people of all-abilities to reach their full potential. We do this by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being.

Our Services

Reach serves over 1,300 individuals annually through our wide variety of services and supports.

- **Adaptive Recreation:** Reach offers a variety of recreation programs specifically adapted to meet the needs of people with developmental disabilities. Our adaptive programs include Sports & Fitness, Social Activities, Arts & Crafts, Mind-Body Wellness and so much more.
- **Case Management:** Our case managers provide personalized supports to individuals looking to coordinate their services through waiver and non-waiver funding. This is done by: developing a person-centered service plan, informing the treatment team of service options, identifying service providers, evaluation and monitoring of services, advocating on behalf of the individual and researching & accessing additional resources.
- **Counseling:** Reach offers individual and group therapy services to adults, adolescents and families with and without disabilities in need of emotional support. We strive to help individuals share their personal struggles, develop awareness of their emotional patterns, develop understanding of emotions and develop emotional coping strategies.
- **Employment Supports:** Our Employment Services works in cooperation with different employers to provide a positive experience for people with disabilities within the community. This program can provide resume assistance, vocational assessments, support with placements, job searching, on-site training and job coaching.
- **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.
- **Inclusion:** Reach works with city parks and recreation departments to provide an extra staff person at a program when a person with a disability requests additional accommodations to be successful. Inclusion support is available in these cities: Brooklyn Center, Brooklyn Park, Chanhassen, Chaska, Crystal, Edina, Golden Valley, New Brighton, New Hope, Plymouth, Robbinsdale, Roseville, St. Louis Park, Three Rivers Park District and Woodbury.
- **In Home Services:** Reach helps adults with disabilities increase independence and integrate into their communities. We offer a wide range of individualized support services to help people achieve their goals, including In-Home Family Supports, Supported Living Services and Independent Living Skills.
- **Mental Health Services:** Our experienced mental health team has been duly trained to address both disability issues and mental health disorders. We offer: Adult Rehabilitative Mental Health Services (ARMHS), Children's Mental Health Targeted Case Management (CMH-TCM) and Parenting Capacity Services (PCS).



History

Our organization became a not-for-profit, 501(c)(3) in 1985. At the time, it was known as West Hennepin Community Services. It had been operating for six years through Arc Greater Twin Cities as a neighborhood support center for local families, providing assistance for individuals with intellectual disabilities and mental health conditions. As society was moving away from the widespread institutionalization of people with disabilities, these families helped create this group to increase the self-sufficiency and community inclusion of their loved ones. After receiving its own nonprofit status in 1985, the organization remained West Hennepin Community Services until 2002, when it was renamed to Reach for Resources, Inc.

Reach currently has over 100 full- and part-time employees. We also have an active volunteer base of generous people playing a crucial role in our ability to serve adults and children of all-abilities.

Support Reach

There are many different ways you can help support Reach's vision. Nearly 87% of all funding Reach receives goes directly to programming. Gifts of all sizes help us provide services to the individuals we serve and support day-to-day operations. Reach is an IRS-designated 501(c)(3) charitable organization. To learn more about donating, sponsorship opportunities and gifts please visit: reachforresources.org/donate-now.

You can also support Reach by volunteering. Reach has a variety of opportunities available for weekends, evenings and during the day, with flexibility in the level of commitment. Volunteers can work directly with individuals we serve, help with office admin tasks, serve on our Board of Directors and help plan fundraising events. To learn more about volunteering, please visit: reachforresources.org/volunteer.

Location & Service Area

Reach's office is located in Minnetonka, Minnesota. We work with people who live throughout Minnesota, with the majority living in the 7-metro county area surrounding Minneapolis.

Directions from 169 North

- Take the Bren Road and Londonderry Exit.
- Turn left at the stoplight and continue straight.
- Using the middle left lane, keep left onto Green Oak Drive (it's the next left after Opus Pkwy). This is a one-way street. Reach is located in the first building on the right.

Directions from 169 South

- Take the Bren Road and Londonderry Exit.
- Turn right at the stoplight and continue straight.
- Using the middle left lane, keep left onto Green Oak Drive (it's the next left after Opus Pkwy). This is a one-way street. Reach is located in the first building on the right.



Reach's Office is located on the 3rd floor.



Volunteer with Reach

Volunteering at Reach

Volunteers play a crucial role in our ability to serve children and adults with disabilities, and Reach has many opportunities available on weekends, evenings, or during the day. Most of Reach's volunteer opportunities are located in the western and northwestern suburbs of the Twin Cities and last between an hour to three hours. Volunteer requirements:

- Must be 8 years of age or older to volunteer
- Ages 14+ must fill out a volunteer application
- Volunteers will be supervised by Reach staff
- Volunteers will never be left alone with individuals supported by Reach
- Children 8-13 must be accompanied by an adult to volunteer



Volunteer Opportunities

Volunteers can work directly with clients, assist us with a special skill, serve on the board or help plan fundraising events.

Administration Opportunities

- Marketing & Dev. Committee
- Event Committee
- Board Member
- Fundraising Events
- Administrative Tasks

Adaptive Recreation Opportunities

- Arts, Crafts & Cooking Programs
- Bingo & Games
- Sports Leagues & Bowling
- Social Clubs
- Karaoke Nights & Dances

Learn More

To learn more about volunteer opportunities, visit: reachforresources.org/volunteer



Who is Reach for Resources?

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

Madison Fowler
Event & Volunteer Manager

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Adaptive Recreation & Inclusion

Adaptive Sports & Fitness

Reach offers a variety of recreation programs specifically adapted to meet the needs of people 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. Some programs include:

- Basketball
- Bowling
- Dance Classes
- Softball
- Strength Training
- Yoga
- And More!



Register for Programs



Social Activities

We offer a variety of different social groups and activities for teens and adults of all abilities and interests. We value being engaged members in our community and get out and about as much as we can. Sign up for our quarterly newsletter and monthly email to stay informed about our latest programs. Below are a few of Reach's social activities:

- Bingo
- Craft Nights
- Dances
- Karaoke
- Movies
- Out To Eat At Restaurants
- Social Skills Groups
- Sports Games
- And More!

Inclusion Support

Reach works with city parks and recreation departments to provide an extra staff person at a program when a person with a disability requests additional accommodations to be successful. These inclusion facilitators work together with coaches and instructors to blend in, providing the minimum support needed at any given time and encourage independence and skill building in all of the participants. Inclusion staff members support children and adults in all types of programs.

To learn more about Inclusion Support, visit: reachforresources.org/inclusion



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Emily Orr
Director of Adaptive Recreation & Inclusion

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Community Living Services

Employment Services

The Employment Services Department works in cooperation with different employers to provide a positive experience for people with disabilities within the community. This program can provide resume assistance, vocational assessments, support with placements, job searching, on-site training and job coaching. Employment Services can be funded through waiver, county funding and VRS.

Learn more: reachforresources.org/EmploymentServices



Housing Services

Reach is committed to helping people with disabilities find and keep housing. With the right supports, provided by a professional with knowledge and experience in housing, more people can be successful. The purpose of these services is to: support an individual's transition into housing; increase long-term stability in housing in the community; and, avoid future periods of homelessness or institutionalization.

Learn more: reachforresources.org/HousingServices

In Home Services

The In Home Services Department 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. This type of support is different for each person and is based around their preferences, goals and abilities.

Learn more: reachforresources.org/InHomeServices



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Larissa Beck
Director of Community Living

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Counseling & Group Therapy

for people with & without disabilities

Therapy Services

Reach for Resources offers in-person and virtual individual therapy 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 develop functional emotional coping strategies. We do this by providing support, guidance, education, resources, and connections to others on your journey toward personal growth.

Learn more: reachforresources.org/Counseling



We provide support for:

- Abuse and trauma
- Accelerated Resolution Therapy (ART) 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

Group Therapy

Coming soon!



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Director of Counseling

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mpetoletti@reachforresources.org



Waiver Case Management

(DD, CADI & BI)

Waiver Case Management

Reach's case managers are the bridge that connects you to the services needed to live a full life. They are dedicated to creating a Community Services Support Plan that is the best reflection of the goals you would like to accomplish. Our case managers will work with individuals, their families and current providers to create a person-centered service plan based on an individual's needs and preferences within the guidelines of their waiver. In addition, case managers complete will assessments, inform the treatment team of service options, identify service providers, while evaluating and monitoring services. Case managers will also advocate on behalf of the individual, and assist with researching and accessing additional resources. Learn more: reachforresources.org/CaseManagement



When a case is transferred to Reach

Once a case is transferred to Reach from Hennepin County, the following Monday, a case manager will contact you to set up an initial meeting. This initial meeting must take place within 10 days of the case being transferred, to ensure the services being provided are meeting your needs. During the initial meeting the case manager will introduce themselves, get to know the person receiving services and their care takers. Next, the case manager will go over the current support plan and service providers. If your needs are not being met by any of the providers, please let your case manager know.

Appointments & communication

Annual and quarterly meetings are dependent upon each person's waiver and allocation for the service. Appointments usually range from one to two hours depending on the goals, person and service providers. Your case manager will be available by phone and email during regular business hours, 9:00 a.m. - 5:00 p.m. Case managers will return your call or email within two business day.



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Director of Waiver Case Management

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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). Available in Hennepin, Ramsey & Dakota counties.

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



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Jessica Cermak
Managing Director - Mental Health Services

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Welcome to Reach for Resources!

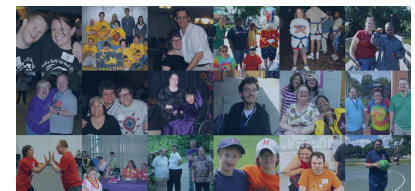
Our mission is to empower people of all-abilities to reach their full potential. We do this by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being.

As you start working with Reach, we hope you find our organization, services, and supports are a good fit for you and your loved ones. We provide quality, individualized supports and services, thanks to our amazing staff, network of volunteers and generous supporters.

To continue to maintain and grow our organization to support more individuals, we need your help. Individuals, like yourself, can share their time, talent, or treasures with us. It's easy to get involved! You can attend one of our local events, share your one or many talents with us by volunteering, or by directly supporting our services.

Your donation, of any size or kind, makes a big impact on our organization and the people we support. For example:

- **2 Hours of Volunteering** helps successfully run an adaptive recreation program while providing emotional benefits to volunteers and participants.
- **\$50** gives an hour of life-changing, Semi Independent Living Services.
- **\$500** supports a week of case management for up to 25 individuals & families.
- **\$2,500** gives someone the gift of critical employment support.



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



In addition, most companies match donations their employees make to Reach.

We've made it easy to see if your company will match your generosity. Check our website for details and to sign up for our monthly email newsletter or quarterly printed Reach Reader.

To learn more about supporting Reach, please contact our Executive Director, Kate. Interested in volunteering? Please reach out to our Event & Volunteer Manager, Madison. We look forward to hearing from you!

Thank you for considering to sharing your time, talent, and treasure with us.

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