

Region V+

Adult Mental Health Initiative

Guide to Help You Find and Use Mental Health Support

Aitkin, Cass, Crow Wing, Morrison, Todd
and Wadena Counties, also Leech Lake
and Mille Lacs Bands of Ojibwe



**This manual was created by the Region
II Mental Health Initiative in collaboration
with the Occupational Development Cen-
ter, Evergreen Youth and Family Services
and Hope House**

Revisions for Region V+ completed by:
Wellness in the Woods

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

Website Resources:

Region V+
Adult Mental Health Initiative
www.region5recovery.com

Wellness in the Woods
www.wellness-in-the-woods.org

NAMI Minnesota
www.namihelps.org

**Mental Health Consumer
Survivor Network**
<http://www.mhcsn.org>

**Substance Abuse and Mental
Health Services Administration**
www.samhsa.gov

National Institute of Mental Health
www.nimh.nih.gov

National Empowerment Center
power2u.org

**Copeland Center for Wellness
and Recovery**
copelandcenter.com

**ADULT OR YOUTH
IN CRISIS**

**IS EVERYONE
SAFE?**

NO

YES

Be sure you are in a safe place! If you feel like the person may want to hurt you or themselves and they are not willing to talk to you:

Call 911

If you are able to assist the person without being in danger yourself you could bring them to the emergency room.

Try to connect with the person in crisis by talking to them.

You may:

- **Ask what has happened and how you can help**
- **Ask if there is someone you can contact to support them**
- **Call the crisis line and ask for help**

1-800-462-5525

Steps for Families Coping with Mental Illness

Ask Emergency Department Staff:

They can provide contacts for local mental health providers like therapists, hospitals and support groups for you and your loved one.

Speak with your family Doctor:

He or she can give you information about diagnosis, medication and side effects as well as behaviors and changes you might observe with your family member

Research the illness and symptoms:

Your local library, clinic or websites are all good tools to learn more about mental health concerns.

Talk to other families who have gone through the same issues:

You may want to visit a family support group or talk to other members of your own family who have found ways to support each other. Contact the local Human Service agency in your county or a faith community leader to support you. It may take time to find a service provider that works well for your loved one! Be patient with yourself and your friend or family member!

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

Are You Worried About a friend or family member?

The three most important things to do when you are worried about a friend or family member are:

- To talk with the friend or family member
- Share your concern and help get them support
- Take care of yourself

Many people feel if they tell another person, they are betraying their friend. This is absolutely not true! By telling someone, you are being the best friend possible and helping them to get the support he or she needs.

Warning Signs of Mental Illness:

- **Marked personality changes**
- **Strange or grandiose ideas**
- **Excessive anxiety or nervousness**
- **Abuse of alcohol or drugs**
- **Extreme high and lows**
- **Inability to cope with problems and daily activities**
- **Prolonged Depressions and apathy**
- **Excessive anger, hostility or violent behavior**
- **Thinking or talking about suicide**
- **Marked changes in eating or sleeping patterns**

Here are some more tips for helping a friend with mental health concern:

1. **Act Now** If you are worried about a friend's behavior or attitude, **Talk with** him or her about it **as soon as possible**. **Do not be afraid to ask your friend or family member directly if he or she has thought about suicide.**

If you think your friend might be in immediate danger call 911 or the Crisis Line and Referral Service.

2. **Tell your friend clearly what behavior you have observed that is bothering you.**

Talk in a calm nonjudgmental and considerate manner about the specific things you have seen or heard that are causing you to worry. Ask them if it is ok to assist them in getting help for them and then follow through with your offer.

3. **Listen, don't lecture** Listen to thoughts and feelings in a sensitive, non-threatening way. Use "I" statements like "I am worried about you" instead of "You are acting crazy"

4. **Offer help and encourage your friend to seek help.** You can offer to go with them, to talk to someone or help identify and get the right kind of help. If your friend isn't ready to get help, you can help develop a plan for getting help in the near future. **Give advice in the form of options even when tempting to try to "fix" them on your own.**

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

TIPS FOR HELPING FRIENDS cont.

5. Be prepared for all possible reactions. Your friend may deny that he or she has a problem. Sometimes people react with hopeless statements or angry statements. Realize that this is the illness talking, so you don't have to become defensive or give up. If your friend won't listen to you, you may need to **tell someone else**. If you're not sure what to do, always refer or ask for help.

6. Offer emotional support, understanding, patience and encouragement. Remember that you cannot make someone get help or change his or her attitudes or behaviors.

7. Take care of yourself It is important to pay attention to your own health while helping a friend. Know your limits, don't overextend yourself.

8. Although you may be willing to do anything and everything to help, **don't try to take over your friend's life.**

9. Mental health concerns are often hard to explain, and your friend may have trouble putting how he/she feels into words. Be reassuring and non-judgmental, and try your best to understand your friend's problem.

10. Never keep talk of suicide a secret, even if someone asked you to. Take any talk of suicide or suicidal plans seriously and seek help immediately from a trusted adult or health professional. Stay close and make sure your friend is not left alone. You can call 911 or the Crisis Line at 1-800-462-5525 or 1-218-828-4357. The important thing is to tell a responsible person who can help. If you are not sure whether the situation represents immediate danger, err on the side of caution and call 911.

WHAT IS MENTAL ILLNESS

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood and ability to relate to others and daily functioning. Just as diabetes is a medical disorder, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life. Mental illnesses can affect persons of any age, race, gender, religion, income or sexual identity. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment recovery plan.

Mental health issues are common. In the US almost half of all adults will experience a mental health disorder during their lifetime. If a person doesn't experience a mental health disorder it is highly likely that they may know someone who has. Mental health issues are medical issues like diabetes, high blood pressure or asthma; and can be treated very successfully.

A person can struggle with a variety of mental health disorders can vary from person to person. Crisis can occur in people with various mental health disorders or this in distress due to other reasons. In some cases; mental health disorders can be life threatening if not treated.

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

What to do if you are worried a family member may be suicidal:

If you are concerned that a family member is in a mental health crisis or may be at risk for suicide, it is important to ask directly about suicidal thoughts. **Do Not Avoid using the word “suicide”**. It is important to ask the question without dread and without experiencing a negative judgment.

The questions must be direct and to the point.

For example:

- Are you having thoughts of suicide?
- Are you thinking about killing yourself?

If you appear confident in the face of crisis; this can be reassuring.

It is important to:

- Tell the person that you care and want to help
- Express empathy
- Clearly state that thoughts of suicide are often associated with a treatable mental health disorder.
- Tell the person that thoughts of suicide are common and do not have to be acted on.

It is important to determine whether the person has definite intentions to take their life. Ask the following

three questions:

- Have you decided to kill yourself?
- Have you decided when you would do it
- Have you taken any steps to secure the things you would need to carry out the plan (like guns, pills, etc)

The more detailed the plan, the more serious the risk. All thoughts must be taken seriously. A person who is actively suicidal should not be left alone. Stay with the person until you can get additional help. Call the Crisis Line at 1-800-462-5525 or 1-218-828-4357 or 911 if the person is in immediate danger!

How Do You Find Someone You Help with a Friend & Handling Worries About “Telling”

It can be very difficult to figure out how to help a struggling friend to ask for help for a friend. Friends are often the first to notice signs of concern or even suicidal signs in their friends. People considering suicide often turn to friends before seeking professional help. It is common for someone with suicidal thoughts or behaviors to ask that it be kept a secret. The reasons friends may keep a secret are many....

Not taking the threats seriously
Thinking their friends will get in trouble
Afraid their friend will be angry with them
Not knowing or trusting someone to turn to.
Believing they can take care of their friends by themselves
Thinking that their friend was suicidal just for that moment (most stay at risk for up to six months) You may be worried that if you tell someone, you friend will decide you are not their friend anymore. It is important to remember that you can repair a friendship. If you friend dies by suicide, you cannot repair that. There is a difference between “reporting a concern” and “snitching” or “telling” on someone. By reporting you are actually getting someone help.

Remember to tell someone and get your friend help

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

Don't try to keep the person safe by yourself!

Young people will very seldom refer a friend to a hospital or mental health provider, but often try to seek help through someone they know. **Young people should try to find a trusted adult to go to for help.** This could be a family, friend, friend's parent, a teacher, coach, youth group leader, elder, boss, spiritual leader or other adult relative.

Remember organizations and individuals exist in your communities that are trained to help with suicide including mental health professionals, school counselors, hospitals, clinics and emergency services.

If you are not sure who to contact call the Crisis and Referral Line and they will help you 24/7. This number is for use whether or not the situation is life threatening.

Emergency Services 911

Remember if someone is actively suicidal, get them help immediately, and do not leave them alone!

How to treat people in a respectful way

Greet the person thought to be suicidal. Use the person's name if you know it.

Talk in a normal voice-neither loudly nor childlike. Smile but don't smirk or look at others in a "knowing way".

Avoid jokes with double meanings when a person is in poor mental health. They can be misunderstood.

Listen. Then listen again. Being heard is tremendously empowering.

Avoid threatening or pushing people emotionally

Offer choices. When people have to go somewhere they don't want to go, having choices makes it easier

If the person stares at you, don't take it personally

Be honest and clear, but not harsh. Doing things "for their own good", hiding information, or being vague will irritate the person you are helping and can make it harder to help him/her

Watch for tension, pacing, a louder voice. Change the subject for a few minutes, lighten it, or give the person a short break

Be tactful. Not everything needs to be said at that moment

Keep yourself calm. This helps others stay calm.

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

HOW THE COMMITMENT PROCESS WORKS

Person A=A caring person (Family, friends, neighbors, social workers, therapists, etc.)

Person B=Someone who is a danger to themselves or others. (In some cases, person B may recognize that he or she needs help and does seek the steps below on his/her own.)

Start Here

Person A believes that Person B is a danger because of mental health problems

Person A takes Person B to the emergency department if possible and if it can be done safely.

If not possible, Person A calls the Crisis Line:

(1-800-462-5525)

or calls 911 if there is immediate danger.

At the emergency department (ED), it is determined that Person B is or is not a danger to others or to him/herself.

A decision is usually made by a physician at the ED. A psychiatrist, a physician's assistant, a doctoral-level psychologist, an advanced practice registered mental health nurse, a peace or health officer, or a court can also make the decision.

Cont on next page

**ED says Person B
is in danger**



**An
emergency
hold is
made.**

Emergency
holds confine
a person in a
secure facility
for 72 hours
(not including
weekends or
holidays)

**ED says Person B
is not a danger**



**Person A still has the same
concerns.** Contact the Crisis
Line and Referral Services or
your county Human Service
Intake Worker. Numbers are on
the back of this booklet.

Person A reports behaviors. If
valid, a pre-petition screening
is made.

Pre-petition screening.

An assessment by a county hu-
man service worker to determine
if Person B meets criteria for civil
commitment.

A court appointed examiner

Provides an independent view
about the need for commitment.

A preliminary hearing is held
to determine if this can be settled
out of court or if a trial is needed.

A commitment hearing is held
to prove whether or not commit-
ment is needed.

The decision is made to send
Person B to a locked hospital,
community based services or to
release him/her.

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

MEDICATIONS

Medical Issues:

Psychiatric medications treat mental health disorders. Sometimes called psychotropic or psychotherapeutic medications, they have changed the lives of many people with mental disorders for the better. Medications treat the symptoms of mental disorders. They cannot cure the disorder, but they can make people feel better so they can function.

Some people get side effects from medications and other people don't. Doses can be small or large, depending on the medication and the person. Factors that can affect how medications work in people include:

- Type of mental disorder, such as depression, anxiety, bipolar disorder, and schizophrenia
- Age, sex, and body size
- Physical illness
- Habits like smoking, drinking and coffee consumption
- Liver and kidney function
- Genetics
- Other medications and herbal/vitamin supplements
- Diet
- Whether medications are taken as prescribed

Side effects may vary depending on the medication being taken. They can range from mild to more severe.

Any unusual reactions or side effects should be reported to a doctor right away

Medications should be taken as directed by a doctor.

A person should never stop taking a medication without asking a doctor for help.

Many people use alternative treatments in place of or in combination with medications including:

- Massage Therapy
- Exercise
- Chiropractic Care
- Healthy Diet
- Natural/homeopathic Care
- Work or volunteering
- Socialization
- Spirituality
- Recreation

Talk to your doctor if you choose to use alternative practices to see if they may interact with already prescribed medications.

HOW TO TALK TO THE DOCTOR

Learn as much as you can about the condition or complaint before you see the doctor. Note your observations. Does it affect your sleep, appetite, moods, etc. and how?

Think ahead of time about what you want to say to or learn from your doctor, and write it down to jog your memory. Keep the list in your purse or wallet, so you have it when needed.

Discuss the most urgent issues right away, rather than waiting until the end. Tell the doctor of any new medications, including herbal medications or vitamin supplements you are taking. Remember this is your time with the doctor.

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

HOW TO TALK TO THE DOCTOR cont.-Take notes, or bring someone with you who has a good memory. Before you leave, make sure your questions have been answered. If a test of lab work is required, ask about the reason. Call the doctor's nurse later if you are confused by the instructions.

If medications are needed and the prescriber is not available:

- Try to call the prescriber a week before medications run out so there are not last-minute emergencies.
- Contact the prescriber's nurse or office support. The prescriber may have a backup prescriber available.
- Contact the pharmacy. They may be able to advocate for a refill until the primary prescriber returns.
- Go to urgent care at the local medical clinic. Explain the situation and the need.
- Go to the emergency room as a last resort.

Types of Prescribers of Medication

Psychiatrist

- has extensive knowledge and experience in mental health medications
- can be difficult to get an appointment
- has a private office or works for a behavioral health program or hospital

Family practitioner

- may have limited training and experience in mental health medication
- can be easily reached through clinic
- can be located at urgent care or primary care medical clinic or emergency room

Advanced practice nurse

- a registered nurse with advanced training
- trained in mental health medication administration
- can be located in private practice or behavioral health programs or hospitals

IF MEDICATIONS ARE NEEDED AND INSURANCE DOES NOT COVER

- Ask for generic. The cost may be less
- Ask for samples. These are limited, but are possible until other coverage is available
- Ask for a patient assistance program. Time is needed to apply, but the support is available for three months to one year.
- Ask if the medication can be purchased in a larger size and then broken in half. In this way fewer pills may be purchased. However, know that some medications lose effectiveness if broken in half
- Ask for a less expensive medication that has the same action. Doctors may favor a certain medication, but may work with your cost concerns.
- Ask for county flex funds. These funds cover costs such as medications for people with serious and persistent mental illness. Contact your county Human Services for availability.

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

HOW TO USE THE PHARMACY FOR HELP

Pharmacists can tell you how your medications work, possible side effects, medications that interfere with other medications, do blood pressure checks, give flu shots, and tell you about medication side effects.

Pharmacies can also pre-package medications so they are set up for a week or a month. This can help to reduce confusion over how to take the medications.

Some pharmacies deliver the medications directly to your door. Some pharmacies can also help with smoking cessation education.

Ask at the pharmacy desk for help with any of the above. If you have a different issue, ask anyway-they may be able to help you.

Pharmacies are listed in the yellow pages of the phone book, or on the internet.

ACCESSING COUNTY HELP:

Individual counties will provide a wide variety of supports to both youth and adults. Counties will provide social services to children and adults as well as economic assistance and health care to those who qualify. Services may include: case management services, physical health support, child care, in home family services and many more. County Health and Human Services may have separate departments to deal with children and adults.

To access services, identify if the person needing assistance is a child or adult. The next step would be to call the county human services telephone number which can be found in the government section of most phone books under the county section. Or on the back of this booklet, if you live in the Region 5+ Adult Mental Health Initiative area which include the counties of Aitkin, Cass, Crow Wing, Morrison, Todd and Wadena. When calling identify yourself and explain your need. Income is used to determine if someone is eligible for services. Once you have been connected to the correct department/person they should help you to determine what services may help you and for which ones you are eligible. Depending on the identified need, a diagnostic assessment may be required. This is a documented evaluation to help determine if a person has a mental health disorder done and prepared by a professional. A youth or adult may also be assigned a case manager. This is someone who ensures that the person receives the needed services.

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

**FINANCIAL SUPPORTS FOR WHEN A
LONGTERM DISABILITY HAS NOT YET
BEEN DETERMINED**

**Apply for these supports through your county's
Human Services Department.**

General Assistance (GA) – provides very minimal monthly support for those who have no other means.

General Assistance Medical Care (GAMC) – provides medical coverage for those who have no other source. It has become very complicated to get help under this program, but it can help when other sources are not available.

Medical Assistance (MA) – provides medical coverage for persons who meet income eligibility. It cover most medical and dental needs.

**FINANCIAL SUPPORTS FOR WHEN A
LONGTERM DISABILITY HAS NOT YET
BEEN DETERMINED**

**Apply for those supports through the Social
Security Administration**

**For individuals needing support who have been
determined to have a long term disability.**

**Medical Assistance for Employed People with
Disabilities (MA-EPD)**

Provides medical coverage for those who have RSDI and who work. It covers most medical needs.

Social Security - provides long-term monthly financial support. There is a lengthy application process, requiring several attempts for most applicants. However, it is a stable source of support for those who have never worked or worked minimal hours; RSDI is for those who have worked.

Flex funds – Each county has funds to help those who have a serious and persistent mental illness to continue to live in the community. These funds can help with urgent needs, such as rent deposits, moving costs, transportation, medications, or food or unmet, could lead to hospitalization. Flex funds are subject to state funding.

TERMS FOR THOSE WHO HELP MANAGE ANOTHER'S FINANCES/DECISIONS

Legal Guardian – Someone who is approved by the court to decide actions related to the welfare of another person who is unable to care for him/herself. Start by obtaining and filing a petition through the local courthouse.

Conservator – Someone who is approved by the court to manage the property or business affairs of an incapacitated person or minor. Start by filing a petition through the local courthouse.

Power of Attorney – the legal form completed by an individual who wants to give another person the right to manage his/her financial or property matters. This does not usually go through the courts, except for guardianship/conservatorship.

Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357

Protective or Representative Payee –

Someone who manages the government paid cash benefits from person(s) deemed unable to manage the funds on their own.

Provider Information-Where to go for What

Determining where to go for help can be a very frustrating task in and of itself. It is beneficial if you can partner with someone to help sort through issues and identify services.

The Crisis Line and Referral Services is a number you can call 24/7. You don't need to have a crisis to call them, but can use them to identify resources as well.

1-800-462-5525 or 218-828-4357

You can also find many resources online at:

www.region5recovery.org for many of the service providers and mental health events that are being held in the **Region 5+ Adult Mental Health Initiative Area which includes the Minnesota counties of: Aitkin, Cass, Crow Wing, Morrison, Todd and Wadena.**

The resource pages of the phone book are also another place to look. If you choose to use the phone book; check under counseling or mental health. Refer to the section of this booklet "Accessing County Help" on page 18 to find out how to access services. See the back side of this booklet for other contact information.

OTHER TIPS

Mental illness leads to people feeling as if they are the only family or the only individual with an illness in the world. Actually one in four people will have a serious mental illness this year. One in five families knows someone with a mental illness.

Many people will not believe mental illness is happening to you or your family member. They may be harsh, telling you to get over it, pull yourself up by the bootstraps, or ask insensitive questions. It is important to turn instead to people who will support you. Make a point to find those people. They are in every family and every community – a caring aunt, a support group, a faith community leader, a brother or sister, a teacher or a friend.

You may have to try multiple agencies/therapists/service providers to find a good fit. Be patient with yourself and your loved ones. Identify what you need and keep looking for it.

Coping with mental illness is an uncomfortable experience for everyone. If you are the person with the illness, give yourself and the services a chance to affect you. If you are a family member or friend, take time for yourself to keep your own mental health. If you are a provider, consult with other providers when you don't know what to do. If you find yourself or your loved one in the emergency department for mental health reasons, plan that you may be in for a long period of recovery with many ups and downs. It will require you to build supports around yourself so that you do not get discouraged. It will help to identify supports and use them so you can limit the stress for yourself. Plan for this and life with a mental illness won't be so overwhelming. You are not alone. Reach out to others who care about you and can help you.

Keeping all scheduled appointments are necessary to stabilize and maintain good mental and physical health for those receiving services and friends and family members who support them.

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

EMOTIONAL SUPPORTS

School Counseling:

Most schools offer some type of on-site or collaborative counseling. These may be provided free or at reduced fees. Calls can be placed with your child's teacher, school nurse, school counselor or school therapist. Outside of the school district (i.e. private or charter schools) similar programs are available. In the event that licensed counselors are not available through your school or on a daily basis, speak with your child's teacher or administrator to ask who the point of contact is for children experiencing difficulties. Those assigned staff may include the school nurse, a paraprofessional, conflict management teacher or administrator. Have a plan in place for your child with the teacher and whoever the assigned staff is. Open lines of communication between your family, school staff and a trusted resource for your child are essential to a good web of support.

Family Support Groups:

- All family support groups are free and confidential
- Families may attend meetings once or every time depending on their needs.
- Attendees may reveal their full identity or give only a first name and can choose to share their stories or not.
- There is a family support group held somewhere in our region nearly every week. Call the Crisis and Referral Line for more information.

Support Groups continued

- Meetings usually start with introductions, an explanation of the group purpose, and ground rules. A topic or a speaker fills the main part of the meeting.
- Group members often call each other between meetings and share books and other resources
- Groups are geared toward adult family and friends, especially care givers. Families may use their discretion about bringing family members of younger age.
- The group leaders are available afterward to provide additional resources and help.
- Look in the local papers under "Events" for support groups in your area.

**Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357**

GRIEF/SUICIDE LOSS SUPPORT GROUPS

Different types of loss support groups exist in a given area. Most are free and all are confidential. Some are facilitated by a professional and others are facilitated by a community member who has experienced a loss representative of the group's purpose. Meetings may be open with discussion being directed by the needs of the attendees for that particular meeting or they have a topic or speaker for that time. And others may be closed. If a group is closed it means that they are following a type of curriculum or discussion schedule. Contacting the group's facilitator is the best way to gain more information. Do not get discouraged if you feel the first meeting "didn't work for you". It takes time to build relationships with others in the group and most often there is some anxiety when attending a group for the first time. Give yourself time to process feelings in regard to the group experience and try going at least twice. Speak privately with the group facilitator or a group member to give feedback about your experience and to reflect on your feelings.

DEFINITIONS:

ARMHS-Adult Rehabilitative Mental Health Service is a Medicaid (MA) funded skills training program conducted individually or in group and in the home or community. Skills include inter-personal communication, community resource use and integration, crisis assistance, relapse prevention, health care directives, budgeting and shopping, healthy lifestyles, cooking and nutrition, transportation, medication education, mental illness symptom management, household management, employment related skills, and transition to community living.

Assessment-A review of a person's mental health by a mental health professional which usually results in a diagnosis and recommendations for treatment. It may also include testing, such as the MMPI or depression assessment tool.

Case Manager-A case manager is a person trained to help both youth and adults who may be struggling to manage life situations. They are usually employed and accessed through a county social service agency. They will help the client to evaluate, problem solve and access needed supports and services.

Commitment-A person with a mental illness who is court ordered to a hospital based on substantial risk of harm to self or others.

Conservator-Someone who is approved by the court to manage the property or business affairs of an incapacitated adult or minor.

Consumer-A person who is receiving mental health services. The term consumer was client generated to empower those who use services. Other terms: clients, participants, member of a program, person served

Crisis Line And Referral Services Call:
800-462-5525 or 218-828-4357

Emergency Hold-Used when an examiner has reason to believe that a person could harm themselves or others. A hold is 72 hours not counting holidays or weekends.

Individual Treatment Plan- a description of actions or steps that lead to greater independence or stability. Other terms: ITP, Recovery Plan or Goal Plan

Legal Guardian- Someone is approved by the court to decide the actions related to the welfare of another person who is unable to care for him/herself.

Therapist- a person trained in the use of methods for helping patients overcome psychological problems.

Nurse Practitioner-A nurse practitioner is a registered nurse who has advanced education and clinical training to provide a wide range of health care services. Nurse practitioners can serve as a primary health care provider.

PCA-PCA stands for personal care attendant and is the person that is trained to help someone with basic daily routines. A PCA may be able to help you if you have a physical, emotional or mental disability, a chronic illness or injury.

Power of Attorney-the legal form completed by an individual who wants to give another person the right to manage his/her financial or property matters. This does not usually go through the courts, except for guardianship/conservatorship.

Protective or Representative Payee-Someone who manages the government paid cash benefits for person(s) deemed unable to manage those funds on their own.

Psychotropic Medication-Any medication which affects the mind, mood and behavior. Commonly prescribed psychotropic medications fall into the following categories: typical and atypical antipsychotics, anti-depressants, anti-obsessive medications, anti-anxiety medications, mood stabilizers, anti-panic medications, and stimulants.

NOTES FOR YOURSELF

County Human Services Agencies

Aitkin County Health and Human Services

204 1st St. NW Aitkin MN, 218-927-7200

www.co.aitkin.mn.us

Cass County Health, Human & Veteran Services

400 Michigan Ave W, Walker MN, 218- 547-1340

www.co.cass.mn.us

Crow Wing County Community Services

204 Laurel St., Ste 12, Brainerd MN 218-824-1140

www.co.crow-wing.mn.us

Morrison County Social Services

213 1st Ave Se, Little Falls MN, 320-632-2951

www.co.morrison.mn.us

Todd County Health and Human Services

212 - 2nd Avenue South, Long Prairie, MN 320 -732-4500

www.co.todd.mn.us

Wadena County Human Services

124 1st St Se Ste 1, Wadena MN 218- 631-7605

www.co.wadena.mn.us

Mille Lacs Band of Ojibwe

Behavioral Health Department

17230 Noopiming Drive, Onamia, MN

Phone: Intake and Scheduling: 320-532-7868

Fax 320-532-7583

Leech Lake Band of Ojibwe

Leech Lake Behavioral Health

115 6th Street N., Cass Lake, MN

218-335-3050 (fax) 218-335-4410