

Minnesota Mental Health Clinics

Horizons Community Support Program

You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time.

April 2017

News From Horizons...

Important:

- Make sure you are signed up on the transportation board 24 HOURS before transportation is needed!
- Please be ready 5 minutes BEFORE your given pick up time for transportation.
- Please be mindful of discussion topics. Certain topics may be sensitive or trigger others.
- This is a friendly and safe environment for EVERYONE! Please be respectful of others and treat them as you want to be treated.



Reminders:

- If you are at the Drop-In for **3 hours or more**, it is mandatory to attend one activity or group per day; Monday-Friday.
- Please be respectful of staff work area. For the privacy of members and staff, be sure that you ask permission before entering staff area.
- Please remember to pick up after yourselves; in the vans as well as in the Drop-In.

Your Drop-In Counselors

- Dana O'Neil: (651) 365-8229
- Gary Johnson: (651) 365-8234
- Brittany McKenney: (651) 365-8233
- Katie Hansen: (651) 365-8235

Member Phone:

(651) 365-8244



GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Care @ 11 am	-Walking @ 11:30 am	-Healthy Living @ 12 pm	-Women's @ 12:30 pm	-Yoga @ 11 am	TBD
-Illness Management & Recovery/ Employment @ 1:30 pm	-Art @ 1 pm	-Mood Management @ 1:30 pm	-Men's @ 1:30 pm	-Relationships @ 12:30 pm	
		-Cooking @ 4 pm		-Communications/ Creative Writing @ 1:30 pm	

Drop-In Hours

Monday	10-4
Tuesday	11-4
Wednesday	10-7
Thursday	10-4
Friday	10-4
Saturday	TBD
Sunday	Closed

Dates To Remember:



4/1
April Fool's Day



4/16
Easter



4/22
Earth Day

Dana's Dose



Happy April, everyone! The drop-in has so many fun activities, groups and outings planned for this month and we cannot wait for everyone to participate! On Tuesday, April 25th staff will be attending a training session at the Northern Service Center from 9am to 11am. Route pick-up will still take place with the drop-in opening at **12pm**. We apologize for any inconvenience this may cause for members but we greatly appreciate your cooperation and understanding.

Brittany's Bulletin



April is here which means Spring is in the air! April is infamously known for the month of April Fool's which is celebrated on April 1st. The custom of setting aside a day for playing harmless pranks upon one's neighbor is recognized all around the world! April Fool's Day isn't the only exciting thing happening this month... a new support group is going to be offered! The new group will be focused on self-care; self-care enables individuals to be conscious about their health and empowers us to have a greater role in taking care of ourselves. I will be facilitating this group and am excited to work with all of you to expand our knowledge about self-care as well as promote the importance of it to our peers! The group will begin on Monday, April 10th at 11am with a brief overview of what will be covered and a quick introduction into what to expect the following weeks. Be sure to be here on April 24th when we make roll-on essential oil blends which can help with our emotional and physical wellbeing!

Katie's Korner



Happy Spring! We have some great events happening this month including the Twin's game on Wednesday, April 5th, Easter egg dyeing, garage sales, exploring the Mississippi River Recreation Area, and an Easter party on April 14th! Lets not forget what Spring is most known for... Spring cleaning! Spring cleaning allows us to start off this brighter and warmer season feeling refreshed. We encourage you to participate in helping us clean up our space so everyone can enjoy the environment.

Angela's Announcements



What a wonderful time of the year as we put away our winter clothing and begin to see flowers blooming, buds on the tress and grass turning green! We have some great activities planned in April and encourage your participation. We have had a reduction in attendance in our activities over the last couple months and hope that the changing weather will help you all want to get out and about with us! Please talk with staff if there are activities that you are interested in that we have not done; planning activities is based on your interests so don't hesitate to talk with staff.

Just a heads up that we will be having work done on one of our vans the week of April 10th so we will be limited with our regular routes that week. We encourage members to seek alternative transportation to and from the CSP if you can as we may have to do a lottery for transportation while the van is in the shop. Please talk with staff if you have any questions.

Lastly, we welcome new Case Manager, Byron Broughten to our team!

Hi, I'm Byron. I'm a new Mental Health Case Manager at Horizons. I previously worked for People Incorporated as a mental health practitioner. Off-the-job, I enjoy playing bass guitar, and I'm a member of a few bands. Glad to join the Horizons team and look forward to meeting everyone!