



# Horizon Homes, Inc.

Warm/Crisis Line: 877-399-3040  
Available 24 hours, seven days a week

## June 2025 Newsletter

*"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness." — Brené Brown*

### What's Happening

This Pride month, we want to remind folks that Horizon Homes offers our services to everyone - regardless of their gender identity, gender expression, sexual orientation, or immigration status.

The LGBTQ+ community continues to face mental health challenges that stem from a multitude of stressors including anti-LGBTQ+ stigma, family and peer rejection, homophobic and transphobic hate speech and violence, workplace discrimination, and anti-LGBTQ+ state legislation, among other factors. These challenges and stressors contribute to:

- Higher rates of depression and anxiety
- Increased risk of suicidal thoughts and attempts
- Greater likelihood of substance use disorders
- Barriers to affirming mental health care

The challenges can feel overwhelming. It can be tough to reach out, especially if it feels like those around you are not supportive. We cannot express enough that there will always be someone out there who will listen with care and help provide support. Even in our small, rural area of southern Minnesota.

### Safe and Affirming Resources

Our Mobile Crisis Team is available 24 hours a day, 7 days a week at **877-399-3040**.

Pride Counseling Services has curated a wonderful list of local LGBTQ+ affirming mental health services and providers. Check it out!

<https://pridecounselingservices.com/resources>

More LGBTQ+ inclusive mental health resources available at [Human Rights Campaign](#) and [The Trevor Project](#)



# Program Spotlight – South Central Crisis Center

The South Central Crisis Center (SCCC) is a mental health crisis stabilization program for adult individuals who are experiencing a mental health crisis. Our services include crisis assessment and intervention, short-term problem-solving and coping strategies, medication education and monitoring, symptom management and relapse prevention, referrals to appropriate local resources, family education and support, crisis prevention planning, and continued follow-up care.

We serve adults (18+) facing a range of mental health concerns, such as overwhelming stress, thoughts of self-harm or harm to others, difficulty managing daily tasks, significant changes in mood, anxiety, motivation, as well as experiences of hallucinations, delusions, or issues related to substance use.

## **What is the process for admitting into the Crisis Center?**

The first step is to call our crisis line at **877-399-3040**, which is available 24 hours a day, 7 days a week. You can speak with a staff who will ask some questions including your name, contact info, current mental health needs, and other questions relating to the situation.

## **How long can individuals stay there?**

A typical stay lasts anywhere from one to five days which provides individuals with the time they need to work through their crisis. The length of stay is determined based on medical need.

## **What is included in the program?**

While at the Crisis Center, we work with individuals to develop a client-centered treatment plan with short-term goals reduce their mental health symptoms from crisis back to their baseline and to navigate how can better cope with their symptoms when they return home. Clients meet individually with staff daily for mental health check-ins, education and coaching on coping skills, support with getting connected with mental health providers and local resources, and other support as needed. Group programming is provided throughout the day for further on education mental health and coping skills. Clients' current medications are monitored by trained nursing staff.

## **Where is the Crisis Center located?**

The SCCC is located at 2100 Bassett Dr., Mankato, MN 56001

## **What does the inside look like?**

Take a virtual tour on our website - [www.horizonhomes.org](http://www.horizonhomes.org)

# Reach Out

Warm/Crisis Line: 877-399-3040  
Available 24 hours, seven days a week

### Corporate Office

825 South Front Street / PO Box 3032  
Mankato, MN 56002-3032  
Phone: 507-344-3360  
Fax: 507-344-3370



Counties served: Blue Earth, Brown, Faribault, Freeborn, Le Sueur, Martin, Nicollet, Rice, Sibley, and Watonwan



# Our Services

## **Mobile Crisis Team**

- Available 24/7 for children and adults, and is able to respond and meet with people that are experiencing a mental health or emotional crisis.
- Stabilization services are available to clients for ongoing support, connection to resources, and assistance to make referrals for long-term providers. These can occur one time or can occur for up to several weeks.
- How to refer - Call the crisis line at 507-344-0621
- Availability - Immediate

## **Residential Crisis Stabilization Services**

- Short-term safe and caring place to stay for adult individuals that are experiencing a mental health or emotional crisis. Available 24/7.
- How to refer - Call the crisis line at 507-344-0621
- Availability - Based on medical need

## **Intensive Residential Treatment Services (IRTS)**

- Helps adult individuals with severe and persistent mental illness develop skills to allow them to transition to a less restrictive setting such as adult foster care, board and lodge or independent living.
- How to refer - Email questions or referral form to [IRTS.Referral@horizonhomes.org](mailto:IRTS.Referral@horizonhomes.org)
- Availability - Call 507-344-9240 or email for availability
- Referral form - [Click here](#)

## **Adult Rehabilitative Mental Health Services (ARMHS)**

- Helps adult individuals diagnosed with serious mental illness and/or other illnesses which impair functioning offering services in the recipient's home or other areas of the community.
- How to refer - Email questions or referral form to [armhs.referral@horizonhomes.org](mailto:armhs.referral@horizonhomes.org)
- Availability - Call 507-344-3361 or email for availability
- Referral form - [Click here](#)

## **Board and Lodge with Special Services**

- Provides residential services to adult individuals with a diagnosis of a serious and persistent mental illness and are in need of mental health services and support.
- How to refer - Email referral form to [blss.referral@horizonhomes.org](mailto:blss.referral@horizonhomes.org)
- Availability - Call or email for availability
- Referral form - [Click here](#)

## **Home and Community Based Settings and Community Residential Settings**

- Provides long term residential treatment services to adult individuals who have a serious and persistent mental illness and are in need of daily mental health services and support.
- How to refer - Email referral form to [hcbs.referral@horizonhomes.org](mailto:hcbs.referral@horizonhomes.org)
- Availability - Call or email for availability
- Referral form - [Click here](#)