



# Horizon Homes, Inc.

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



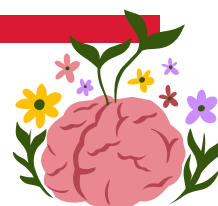
## October 2025 Newsletter

*"You don't have to see the whole staircase, just take the first step." — Martin Luther King Jr.*

### Find us in the community this month

- **Oct. 5th:** Providing local resources @ the Out of the Darkness Walk in St. Peter
- **Oct. 7th:** Sharing opportunities with students & alumni @ the MSU Career & Internship Expo
- **Oct. 10th:** Recognizing Officer Haugen and promoting community safety @ Le Sueur Bonfire Night (with LSFD & LSPD)
- **Oct. 14th:** Having a presence at the Freeborn County Clubhouse
- **Oct. 16th:** Supporting mental health awareness @ MSU's 'How To Live Mentally Well & Crush It In College' stand-up comedy event
- **Oct. 25th:** Celebrating culture & community @ the Old Town Day of the Dead event in Old Town Mankato
- Participating in numerous mental health-focused meetings, trainings & collaboratives across our 10-county region

### What's Happening



October has a lot of observances including National Depression and Mental Health Screening Month, Depression Awareness Month, Domestic Violence Awareness Month, Hispanic Heritage Month, Health Literacy Month, and many others.

October 10<sup>th</sup> is **World Mental Health Day**.

October 11<sup>th</sup> is **National Coming Out Day**.

October 13-19<sup>th</sup> is **OCD awareness week**.

October 17<sup>th</sup> is **Global Peer Support Celebration Day**.

However you observe this month, we would like to ask you to reflect on the significance of these observances and consider how they impact you and those around you. Each of these themes highlights important aspects of our lives and the community we live in. They are meant to encourage us to foster awareness, understanding, and community.

Let's use this month as an opportunity to connect with others, share our stories, and help build a stronger community where mental health is valued, protected, and accessible for all, especially in the face of stigma and adversity.

## Dedicate some time today, or even this moment, to check in with yourself.

It's important to pause and check in with ourselves regularly on our emotional and physical wellbeing. It's often something that we hear to do, but do not actually commit to doing so.

You may be asking yourself, "why would I do that?" or thinking "I don't have time for this. I already know how I'm feeling." Try it anyways. If you are able to do so, get into a comfortable position, close your eyes, and take a few deep breaths. Ask yourself..

### **How am I feeling right now?**

- Try to name your emotions honestly, without judgement. Are you feeling tired, anxious, stressed, sad, content, or something else? Naming your emotions is the first step in understanding them.

### **What does my body need at this moment?**

- Listen to your body and what it is telling you. Does it need rest, nutrition, movement, or even just a good stretch?

### **What's been taking up most of my energy lately?**

- Reflect on what's been on your mind. This can be work, relationships, responsibilities, what's on the news, etc. Are these things energizing or draining you?

### **What are my needs that are not being met?**

- What unmet needs are being neglected? Perhaps it's connection with others, rest, relaxation, recognition, or something else..

### **What's one small thing I can do to care for myself today?**

- It doesn't have to be big or expensive. Maybe it's stepping outside for fresh air, stretching between meetings, listening to music, doing something that brings you joy, or saying "no" to something that feels overwhelming. Those small actions add up over time.

### **Who can I reach out to for connection or support?**

- If you're having a hard day, you don't have to navigate it alone. Reach out to a friend, coworker, family member, your partner, or other supportive individual. Sometimes just being heard can help lighten the load.
  - If you cannot identify anyone, feel free to reach out to our 24/7 Crisis/Warm line at **877-399-3040**. We're here to listen.

# Reach Out

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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



# September was a powerful month of connection and advocacy for Horizon Homes.

In honor of National Suicide Prevention Awareness Month, our team participated in 24 outreach events across all 10 counties in our region, engaging with schools, communities, professionals, and families.

Highlights include:

- Hosting and attending **several suicide awareness walks**, including in **Watsonwan County, Mankato**, and **Albert Lea**.
- Inspiring youth at **Dakota Meadows Middle School Career Day**, a **local varsity football game** and **college resource fairs** at South Central College (both Faribault and Mankato campuses)
- Connecting with over **500 staff** at the **St. Peter Regional Treatment Center Wellness Fair**.
- Engaging with **thousands** of wonderful folks at the **Love Your Age Expo**.
- The **Fall 2025 Stakeholders Meeting**, where we saw one of our own outstanding staff honored! (Congrats, Amy!!)
- Participating in **several major conferences**, including **MSSA Region 9** and the **2B Continued Conference**.
- Sharing support and resources at **5+ major suicide awareness events** including:
  - Watsonwan County Suicide Awareness Walk (Sept 17)
  - St. Peter Football Suicide Awareness Night (Sept 19)
  - Out of the Darkness Walk – Albert Lea (Sept 27)
  - Kick Off to Suicide Awareness – Brown County (August 23rd) \*Early bird event!

Perhaps you've seen us around. Be sure to look out for us at your next community event!



# *Congratulations Amy!*



Amy Haas is the 2025 recipient of the Tamra Rovney Award. This recognition is awarded to someone who demonstrates strong leadership skills and is a fierce advocate for the mental health community. Amy is a Peer Support Specialist with Horizon Homes and supports others with empathy and understanding. Her work in the southern Minnesota community has been instrumental in creating a more inclusive environment where individuals feel safe to share their experiences and navigate their mental health journey. We are so honored to have her as a part of our team.





# 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.
- 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](#)