

Program Philosophy

Safe Transitions, Inc. is a rehabilitative program designed to provide safe, supportive, and healthy environments and assistance for persons with various mental illnesses (MI) to learn skills, develop competencies, and grow in self-confidence. As a rehabilitative program, our philosophy is that persons with MI need a chance to learn the skills necessary for success in his/her chosen lifestyle through professional, group, and individual relationships with trained staff.

We believe each client is an individual with both strengths and needs. Clients deserve to receive respectful assistance. In our program, each client has a right and responsibility to be involved in the development of an individualized treatment plan. We expect and encourage clients to take an active part in their treatment plan. Each client will be supported and encouraged to reach their highest level of independence in order to prepare for life in the least restrictive environment according to his/her wishes and abilities. Length of time in the program will be individualized to meet the needs of each client.

Treatment Program

As a rehabilitative treatment program, Safe Transitions will focus on active, individual client involvement in several key areas. These areas are seen as essential for assisting clients to be successful in their chosen lifestyles and include 1) preventing hospitalization and relapse, 2) vocational assistance, 3) development of independent living and self care skills, and 4) personal and social development.

Safe Transitions, Inc.

Contact Information

Main Office

**3656 Front Street
Barnum, MN 55707**

Phone: (218) 389-3291

Fax: (218) 389-9851

Julie Bogenholm

CEO

Office: (218) 389-3291

Fax: (218) 389-9851

Julie.Bogenholm@safetransitions.org

Michelle Graham

Executive Director

Phone: (763) 772-5840

Fax: (218) 389-9851

Michelle.Graham@safetransitions.org

Rachel Rhode

Adult Foster Care Program Director
Southern ILS-IHS services

Office: (320) 493-4989

Fax: (218) 389-9851

Rachel.Rhode@safetransitions.org

Kendra Tacheny

Adult Foster Care Program Director

Office: (320) 396-0353

Fax: (218) 389-9851

Kendra.Tacheny@safetransitions.org

Lisa Mikrot

ARMHS Treatment Director

Northern ILS-IHS Services

Prevail House (shared housing)

Office: (218) 878-1364

Fax: (218) 389-9851

Lisa.Mikrot@safetransitions.org



Providing quality, creative services for people with mental illness and disabilities, striving for successful independence.

Services Available

- ◆ Services in Adult Foster Care
- ◆ Services in Shared Housing
- ◆ Independent Living/ Community Services (ILS & IHS)
- ◆ Waivered Services
- ◆ Groups
- ◆ Vocational Assistance
- ◆ ARMHS Services

Mission Statement

The mission of Safe Transitions, Inc. is to make a positive difference in the lives of people with mental health needs. We strive for our mission by providing our clients with professional relationships with trained staff, and by assisting our clients in achieving their highest potential as they grow to become confident and independent to the best of their abilities, by providing respectful and individualized encouragement, support, and guidance.

Services in Adult Foster Care

Safe Transitions currently provides services in 12 adult foster care homes throughout Minnesota (locations listed on the next pg.). Each home offers an individualized approach to treatment and support for people with mental illness. General services include medication management, education and supervision, physical health management, independent living skills building, transportation, trained staff supervision, groups, 1x1 counseling, socialization opportunities, and much more, in a home environment.

Community Services

Safe Transitions' Independent Living Program (ILP) offers people the option of bringing services to their own home. Home visits are offered as often as daily, depending on individual needs. Our counselors provide quality, hands-on, skills training based on each person's individual needs. Skills training areas include cooking, cleaning, laundry, grocery shopping, money management, personal care, symptom management, and other life management skills.

Groups

Group topics include social skills, independent living skills, healthy alternatives, medication education, and assertiveness.

Adult Mental Health Rehabilitative Services

Safe Transitions offers ARMHS to help people with mental health obstacles live as independently as possible. Services are rehabilitative and enable the recipient to develop and enhance psychiatric stability, social competencies, personal and emotional

adjustment, independent living skills, and community skills when these abilities are impaired by the symptoms of mental illness.

Vocational Assistance

Individualized assistance is provided in our programs for people to achieve their vocational goals. From basic day to day job skills training, to transportation to work, to job counseling, Safe Transitions helps to keep people on the right path to being vocationally successful to the best of their ability.

Adult Foster Care Locations

Carlton County

ST Harner
Cloquet, MN 55720

ST Moose Lake
Moose Lake, MN 55767

New Life
Cloquet, MN 55720

Safe Changes
Cloquet, MN 55720

Safe Horizons
Moose Lake, MN 55767

Pine County

Genesis
Hinckley, MN 55037

Gateway
Hinckley, MN 55037

Isanti County

Safe Haven
Braham, MN 55008

Safe Harbour
Cambridge, MN 55008

New Hope
Cambridge, MN 55008

New Horizons
Cambridge, MN 55008

New Beginning
Cambridge, MN 55008

Cloquet Office

(ILS, IHS and ARMHS services)

**1501 Highway 33 South
Cloquet, MN 55720**

Corporate Headquarters

**3656 Front Street
Barnum, MN 55707
(218) 389-3291**

For more information on our programs, or the referral process, please contact the main office and your call will be directed.

(218) 389-3291

**Or, visit us at
www.SafeTransitions.org**