



HORIZONS

Community Programs

Person-centered care. Real connection. Skills you can use right away.

About the Horizons Program

MMHC's Horizons Program provides community-based mental health services and supports designed to help individuals living with mental health challenges lead productive, satisfying lives. Horizons is built on a model of empowerment, shared leadership, and strengths-based support. We believe that with the right services, support systems, and opportunities, individuals can and do recover.

Our coordinated approach focuses on building independence, strengthening community connection, and improving overall quality of life for the individuals and families we serve.

Why Horizons at MMHC?



Whole-Person, Recovery-Focused Care

We use a strengths-based approach that supports long-term recovery while helping individuals build independence, confidence, and meaningful life skills.



Connected, Community-Based Support

Our coordinated services integrate with county systems and community resources to expand access to housing, employment, education, and social opportunities.



Flexible, Relationship-Driven Services

We provide support where it's most effective—community, home, or clinic—through trusted relationships backed by a comprehensive, integrated care model.



Want to learn more?



☎ 651-615-2641

✉ contactus@mnmentalhealth.com

🌐 mnmentalhealth.com/horizons

More about MMHC's Horizons Services



Program Goals

- Support recovery and long-term stability
- Increase independence in daily living and community participation
- Improve social, emotional, and functional well-being
- Connect individuals to critical resources and services
- Reduce isolation and increase meaningful community engagement
- Support housing, employment, education, and life skill development



Who Qualifies?

Geography

- Dakota County residents
- Hennepin County residents

Age

- 18 years or older

Clinical Criteria

- Diagnosed with Severe and Persistent Mental Illness (SPMI), including:
 - Schizophrenia
 - Schizoaffective Disorder
 - Major Depressive Disorder
 - Bipolar Disorder
 - Borderline Personality Disorder

Insurance / Funding

- Receiving Medical Assistance (MA) or qualifying for exception

What We Do



Targeted Case Management

We help individuals access services and build stability. **Including:**

- Connecting to mental health and community services
- Goal setting and progress planning
- Housing, employment, education, and benefits navigation
- Daily living skill development
- Advocacy and ongoing support



Community Support Program (CSP)

This supports skill-building and social connection. **Including:**

- Skill-building and psychoeducation groups
- Peer connection and activities



Outreach & Referral Navigation:

- Housing and employment support
- Education and benefits navigation
- Transportation
- Outreach and friendship programming

Note: Services may vary by county. Visit our website for details.

Find support. Build stability. Move forward.

 651-615-2641

 **Minnesota**
Mental Health Clinics

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