

## **Family Service Rochester Clinical Services**

### **Outpatient Counseling**

FSR therapists provide diagnostic assessments, treatment planning, and ongoing therapeutic services to our clients. Our therapists hold specialties in providing services to young children, individuals who have experienced trauma, those individuals experiencing suicide ideation, and individuals involved with incidents of domestic violence, to name a few.

**Program Staff:** 7 Mental Health Professionals, 1 Psychologist

**Service Area:** Generally Southeastern Minnesota

**Funding Source(s):** Client Insurance, United Way of Olmsted and Dodge Counties, Sliding Scale Fee for Service

### **Family Based Services (FBS)**

Therapists work with families in their homes providing assessments and treatment planning to strengthen family stability, increase safety and child well-being. There are four program areas ((Collaboration for Success (CFS), General FBS, Children's Therapeutic Support Services (CTSS), and Collaborative Intensive Bridging Services (CIBS)) ranging from early intervention to intensive services reducing out of home placements.

**Program Staff:** 5 Mental Health Professionals, 2 Mental Health Practitioners

**Service Area:** Dodge and Olmsted Counties

**Funding Source(s):** Client Insurance, Contracts with counties listed above

### **School Based Mental Health Services**

Therapists provide diagnostic assessments, treatment planning, and ongoing therapeutic services. Offices are located within the schools allowing students easier access to services, removing the need for caregivers to transport their child to services. Ultimately, this decreases lost school and work time for families.

**Program Staff:** 14 Mental Health Professionals

**Service Area:** Fillmore, Dodge, Goodhue, Olmsted, and Wabasha Counties

**Funding Source(s):** Client Insurance, School Linked Mental Health Grant, Olmsted County BRIDGE Collaborative, Grants, Sliding Scale Fee for Service

### **Community Based Mental Health Services**

Therapists provide diagnostic assessments, treatment planning, and ongoing therapeutic services. Services are provided in community locations to increase accessibility and provide mental health support and education to staff.

**Program Staff:** 2 Mental Health Professionals

**Service Area:** Olmsted County

**Funding Source(s):** Client Insurance, United Way of Olmsted County, Sliding Scale Fee for Service

### **Clinical Academy**

**Program:** The Clinical Academy's mission is to offer extraordinary clinical internships for master level students moving into the mental health field with the hopes of increasing the number of area mental health professional providers. This, in part, is a collaborative effort with Fernbrook Family Center and Zumbro Valley Health Center.

**Program Staff:** Varied number of interns

**Service Area:** Dodge, Goodhue, Olmsted, Steele, Wabasha, and Waseca Counties

**Funding Source(s):** Client Insurance, MERC grant funding from the Department of Health

## **Family Service Rochester Child Welfare Services**

### **Family Access Center (FAC)**

Supervised parenting time and exchange services for families experiencing safety concerns in order to maintain vital relationships and prevent children from being placed in the middle of conflicts.

**Program Staff:** 1 Program Coordinator, 2 Family Time Specialists, 20 Part-time Family Monitors

**Service Area:** Generally Southeastern Minnesota

**Funding Source(s):** Grant from Minnesota Department of Human Services (DHS), Grant from Minnesota Department of Public Safety (DPS), United Way of Dodge County, Contract with Olmsted County, Donations, Sliding Scale Fee for Service

### **FATHER Project**

Case management, career development and peer support/education to assist fathers in overcoming the barriers that prevent them from supporting their children economically and emotionally.

**Program Staff:** 1 Social Worker, 1 Career Specialist

**Service Area:** Olmsted County

**Funding Source(s):** Contract with Olmsted County, Grant from Minnesota Department of Employment and Economic Development (DEED)

### **Family Involvement Strategies (FIS)**

Engagement of extended family networks in decision-making when their children come to the attention of the Child Protection, Child Welfare and/or Juvenile Corrections systems.

**Program Staff:** 9 Social Workers – Coordinator/Facilitators, 1 Program Assistant

**Service Area:** Carlton, Dodge, Fillmore, Freeborn, Goodhue, Houston, Olmsted, Steele, Rice, Wabasha, Waseca, Winona Counties

**Funding Source(s):** Contract with Olmsted County, Grant from Minnesota Department of Human Services (DHS) – administered through Olmsted County, Purchase of Service Arrangements with Counties

### **Guiding Partners to Solutions (GPS)**

Partner with individuals and families to identify needs/barriers and navigate county and community resources.

**Program Staff:** 3 Social Workers

**Service Area:** Olmsted County

**Funding Source(s):** Contract with Olmsted County, Contract with Rochester Public Library

### **Family Advocacy in Recovery and Restoration (FARR)**

Chemical dependency recovery support for women who are pregnant and/or parenting and their children. Services are culturally appropriate, gender specific, and comprehensive. Includes case management, sober group supports and mentorship.

**Program Staff:** 6 Social Workers and 1 Parent Partner

**Service Area:** Olmsted County, Winona County, MN Prairie County Alliance (Dodge, Steele, Waseca Counties)

**Funding Source(s):** Grants from Minnesota Department of Human Services (DHS) & Proof Alliance, Contract with Olmsted County funded by Opioid Dollars

## Family Service Rochester Senior Independence Services

**Senior Independence Program Staff:** 1 supervisor, 2 caseworkers, 2 program coordinators, 1 program assistant (new in 2023), a variety of interns and vendors, 16 household helpers, 800+ volunteers

### Senior Nutrition

#### ***Meals on Wheels (MOW)***

A home delivered meal and assurance service provided through volunteers 365 days a year for those 60+ and persons with disabilities.

**Service Area:** Rochester

**Funding Source(s):** Contract with Olmsted County, United Way of Olmsted County, Elderly Waiver, sliding fee scale consumer contributions, fundraising, monthly sponsorships, donations, Think Bank, other grants.

#### ***Senior Café***

An older adult group dining and socialization experience provided in partnership with Southeast MN Community Action Council and SE MN Area Agency on Aging. Facility open for other activities before and after each meal. Service in-house and carry-out. Meals served Monday, Tuesday, Wednesday lunch time.

**Service Area:** Rochester, Byron

**Funding Source(s):** SEMCAC Federal/State Grants, Diner Contributions

#### ***FSR FRESH***

A home delivered fresh food box service available to those 60+ and persons with disabilities.

**Service Area:** Olmsted County

**Funding Source(s):** State DHS Grants, United Way of Olmsted County, SEMAAA, Veteran Services, SNAP, AARP, Consumer Contributions

### Neighbors Helping Neighbors (NHN)

Home and Community-Based chore, transportation, companion, seasonal, home repair and other non-medical services that help older adults (60+ years) and people with disabilities remain living in the homes and neighborhoods they know and love.

**Service Area:** Olmsted, Rice Counties

**Funding Source(s):** Grants from Department of Human Services (DHS) and Southeast MN Area Agency on Aging, Contract with Olmsted County, Elderly Waiver, fundraisers, donations, sliding fee consumer contributions, United Way of Olmsted County, Mayo Clinic, Meals on Wheels of America/Home Depot, other grants.

### Meadow Park Initiative

A neighborhood-based collaborative effort bringing together diverse residents creating community connectedness, fostering relationships, and removing barriers to improve the quality of living and health outcomes of residents.

**Program Staff:** .25 FTE Program Manager, .25 Program Coordinator

**Contract Staff:** per project (Summer Enrichment, surveying)

**Service Area:** Rochester's Meadow Park Neighborhood

**Funding Source(s):** United Way of Olmsted County, Olmsted County Public Health, Intercultural Mutual Assistance Association, Family Service Rochester, other grants.