



REGION 4 SOUTH
Adult Mental Health
CONSORTIUM



Mobile Crisis Team

24 Hour Help

Serving Douglas, Traverse, Pope,
Stevens & Grant counties

507 N NOKOMIS ST • SUITE 203
ALEXANDRIA, MN

Philosophy

The Region 4 South Adult Mental Health Consortium is committed to providing the most beneficial, available and appropriate resources to mental health service consumers in the five county area.

The crisis response team's focus is to ensure the safety of the consumer while assisting with mental health stabilization in the most appropriate level of care and services possible.



What We Do...

Mobile mental health services are short-term, face-to-face services designed to restore a person's functioning level to pre-crisis levels. Our response services offer opportunities to de-escalate a situation or problem and help people develop individualized strategies for their future concerns.



Goals:

- **Reduce unnecessary hospitalizations**
- **Reduce incidents of individuals being removed from his/her home**
- **Help individuals stay connected with ongoing services**
- **Connect individuals who have very little or no support system to resources**

Mental Health Crisis Teams
provide acute support to adults
experiencing emotional or
psychological difficulties.

Depression

Suicidal Thoughts / Attempts

Trauma Disorders

Trauma Victims

ANXIETY

Thought Disorders

Non-Medical issues that
decrease level of function

Chronic Acute
mental illness

Access/Services

Consumers presenting at emergency rooms for mental health concerns may have access to the crisis teams up to 24 hours a day, 7 days a week. Community-based services are available from 4 pm–midnight 7 days per week. Services provided by the crisis teams include:

- **Mental health**
(screening/assessments)
- **Treatment planning**
- **Resource referrals**
- **Community resource education**
- **Priority appointment assistance**
- **Collaboration between medical, psychological, and social service agencies**
- **Access to local, short-term crisis stabilization facilities**

To activate services of the mental health crisis team, contact your local emergency room.

ELBOW LAKE

**Prairie Ridge Hospital & Health Services
888.818.4461**

MORRIS

**Stevens Community Medical Center
320.589.1313**

ALEXANDRIA

**Douglas County Hospital
320.762.1511**

GLENWOOD

**Glacial Ridge Hospital
320.634.4521**

WHEATON

**Wheaton Community Hospital
320.563.8226**

If you are in need of immediate mental health assistance call 911!

To activate the mental health crisis team community-based services, contact 701.364.0431.

Children's mental health services are available limited hours. Please call local law enforcement for more information.

Non-Emergency Contact Information

Sarah Richter

Adult Crisis Program Manager

507 N Nokomis St Suite 203
Alexandria, MN 56308
Phone: 320.335.5100
Fax: 320.335.5115