



# Webinar Announcement

## Understanding the Mental Health Continuum

**June 10, 2015      2:30-4:00 p.m.**

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### Description

Martha Lantz from Touchstone Mental Health, Lynn Cochrane from Northland Counseling, and Marsha Claiborne from Community Involvement Programs will help participants understand the mental health continuum. The continuum of mental health care in Minnesota is complex and offers many levels of care to align with the needs of individuals. This presentation will walk through this continuum in a helpful way in order to increase your understanding of what is available, which services might be most appropriate given an individual's needs, and what to expect for each service type. Examples of how a person progresses through the system in the metro and in a rural setting will be provided.

Northland Counseling is creating a video that addresses person centered care and why it is important for individuals affected by mental illness using HCBS. Through interviews with other mental health agencies and program participants, viewers will gain a greater understanding of mental health services and supports in MN that support community integration. This video will be available free of charge in late June on the [HCBS Improvement website](#).

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### Target audience

Home and community based service providers and other interested individuals.

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### Learning Objectives

1. Participants will learn about each mental health service within the continuum of mental health care
  2. Participants will gain an understanding of typical level of care needs and service components for each mental health service type
  3. Participants will know how to begin and whom to call about access to services
  4. Participants will learn about examples that demonstrate person centered flow through the continuum from both a metro and rural provider
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**[WebEx link](#)** – THIS SESSION IS AN ONLINE MEETING USING WEBEX. Click the link to join from your computer or mobile device (software may load.) Link will be active 5 minutes before meeting.

### Registration Information

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- Select Continuing Care Learning Center
- Select Sign On in the upper right hand corner
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