



As each generation passes,  
we continue to be part  
of a never ending cycle  
of life.

Though each is individual,  
they cannot be separated  
from the whole.



You are not alone.

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## Sage Enrichment Center

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a division of  
South Central Human Relations Center

315 North Cedar St.  
Owatonna, MN 55060

**Phone: 507-451-3282**  
Fax: 507-451-3287

## Sage Enrichment Center



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A Partnership of  
Community Members  
and Providers  
Promoting  
Mental Wellness

**315 N Cedar St**  
**Owatonna, MN**  
**55060**  
**Phone 507-451-3282**

# A Multidisciplinary approach to Mental Wellness

It is our mission to enrich the lives of all participants by upholding the highest standards of our profession.

Our purpose is to provide a community of compassion and kindness, where each individual feels accepted, and that they support others who are dealing with the isolation of mental illness.



*“Being depressed made me feel useless. Helping others makes me feel valued again.”*

## Club House

Members collaborate with professional staff to mentor those in the recovery process.

The club house is filled with laughter and fellowship. It is a place where individuals feel a kinship of people with a common goal.

Membership is open to adults who have experienced the effects of mental illness. Applications may be obtained by contacting the center at 507-451-3282

## Adult Rehabilitative Mental Health Individual Services

ARMHS are recovery based supports provided to individuals when symptoms of mental illness impair functioning. Individual adult services are designed to assist with

- Relapse prevention and symptom management
- Medication Education and monitoring
- Crisis Assistance
- Health Care directives
- Cooking, nutrition, budgeting, home management
- Illness Management and Recovery

## Adult Rehabilitative Mental Health Services in Group Format

A formal curriculum is used to provide basic education about depression, anxiety and other conditions. Knowledge aids individuals in gaining control over their lives and to establish a more collaborative, less hierarchical relationship with professionals.

- Recovery track– to achieve mental health stability
- Awareness track –focuses optimizing social skills
- Relapse Prevention track– Promotes personal growth for or individuals ready for more involved participation.



*“I didn’t realize how much I was limited by anxiety. My family was supportive, but I felt bad about being so dependent upon them.”*

*“I am so glad to feel up to doing the things I love.”*



## Dual Disorder Treatment

Integrated Dual treatment for Mental Illness and Substance Abuse (MISA) is an Evidence Based Practice recognized by the Minnesota Department Of Human Services. Goals aim to relieve symptoms, as well as social success and personal accomplishment.

Peer and staff support focus on the needs of Mentally Ill individuals who also have chemical abuse or dependency concerns.

## Family Wellness

Parents of school aged children who are dealing with the effects of mental illness have few sources of support. Family wellness is a therapy program for both adults and children, where multiple families find strength with each other to celebrate the challenges of family relationships.



*“I knew I had to get better when I realized my son will only get one Dad”.*