



Safe Harbour is located on the north east side of Owatonna. Constructed in 2012, this a one story building and can serve up to 12 individuals at a time.



### **Special Points of Interest**

- 10 IRTS beds & 2 Crisis beds
- Dual Disorder Programming
- Groups and Individual Programming
- 16 hours a week of nursing services
- Catered meals
- Resident computer/internet use
- Individual rooms and bathrooms

### **Affiliations and Licensing:**

Residential Program of the South Central Human Relations Center

Minnesota Department of Human Services— Rule 36, Category— Residential Treatment. IRTS Variance.

Minnesota Department of Health— Board and Lodging Facility

### ***SAFE HARBOUR***

185 Landmark Dr. NE  
Owatonna, MN 55060

Phone: 507-455-8100  
Fax: 507-446-8056



***SOUTH CENTRAL HUMAN  
RELATIONS CENTER***

## **SAFE HARBOUR**

Residential program  
for adults with mental  
illness since 1983



**185 Landmark Drive NE  
Owatonna, MN 55060**

**(507) 455— 8100  
WWW.SCHRC.COM**

## **CRISIS RESIDENTIAL STABILIZATION SERVICES**

Safe Harbour has two beds dedicated to Crisis Stabilization. These beds are available 24/7. Crisis stays are no longer than 10 days.

Individualized mental health services provided to a recipient in a crisis or mental health emergency are designed to restore the recipient to the recipient's prior functional level.

An eligible recipient is 18 or older, screened and assessed as experiencing a mental health crisis or mental health emergency and it is determined that mental health crisis intervention and stabilization services are medically necessary.

## ***Intensive Residential Treatment***

An eligible recipient is 18 or older, screened and assessed as meeting medical necessity for residential treatment and it is determined that Intensive Residential Services will meet the individual's needs. Individuals that continue to qualify for these services can stay up to 90 days, but the average length of stay is typically only 45 days.

### **The residential services include:**

- An assessment and development of interventions that will help minimize the need for hospitalization or a more restrictive setting
- Medication monitoring, management and education
- Symptom management
- Relapse prevention that includes the development of a crisis relapse prevention plan
- Counseling and problem solving support
- Coordination of needed mental health follow up services
- Family education
- Chemical Health issues are addressed simultaneously
- Group & Individual format utilized

Safe Harbour will not accept individuals; under the age of 18, that need skilled medical care, that are physically unstable or in need of immediate care and attention from a medical provider, are intoxicated or under the influence and anyone who cannot be safely managed in our setting (examples include individuals that are currently physically aggressive, who are threatening, too manic to take redirection from staff, or that may be too impulsive and unpredictable to manage in our setting).

## **What is Safe Harbour?**

Safe Harbour is a community based intensive residential treatment program for adults who need mental health services and support.

### **How to apply:**

Referrals to Safe Harbour come primarily from physicians, other mental health professionals, Social Service agencies and other treatment programs. Specific admission criteria and application materials are available upon request. The referring agency is asked to provide background information to assist in the admission decision and in planning the resident's treatment program. Prospective residents will be interviewed, in conference with a representative of the referring agency, prior to admission. A physical examination will be required prior to, or immediately following, admission.

Safe Harbour requires that adequate financial arrangements be made prior to admission. Fees are payable in advance except when authorization has been made by an approved agency.