RISE’S MISSION
Rise unlocks potential and opens doors to success for people with disabilities or other challenges through creative solutions and customized support.

We envision a progressive, supportive, and collaborative environment that fosters meaningful growth and provides opportunities to live a life filled with purpose.

In Anoka County, please contact:
Becky Rother
763.792.2432; brother@rise.org

In Greater Minnesota (Benton, Chisago, Isanti, Kanabec, Mille Lacs, Pine, Sherburne, Stearns, and Wright Counties), please contact:
Amy Carter
320.656.5608; acarter@rise.org
Together we can address many issues
The role of Rise’s mental health practitioner (MHP) is to model, encourage, coach and teach skills so you are able to develop a belief in your own ability to achieve what may have seemed unattainable before.

ARMHS are designated by the State of Minnesota and support you in developing skills in areas such as, but not limited to:
• Interpersonal communication skills
• Community resources use and integration skills
• Relapse prevention skills
• Crisis planning/symptom management
• Transportation skills
• Independent living skills
• Household management skills
• Healthy lifestyle skills and practices
• Medication education
• Mental illness symptom management, relapse prevention
• Transition to community living skills
• Employment-related skills
• Other important aspect of your life

We will create a personalized plan to help guide you toward developing the skills you need to reach your specific objectives and goals. The time you will spend with a MHP varies from person to person, and typically decreases as you achieve your personal goals.