

INTERESTED IN CLUBHOUSE?

A Clubhouse is a community-based service dedicated to supporting and empowering individuals living with mental illness, known as Clubhouse Members. Each Clubhouse offers a collaborative, restorative environment where Clubhouse Members can recover by gaining access to opportunities for employment, socialization, education, skill development, housing, and improved wellness.

To Learn More:

www.vailcommunities.clubhouses

CLUBHOUSE LOCATIONS

HOPKINS:

15 9TH AVENUE SOUTH
HOPKINS, MN 55343
MAIN (952) 297-8908

UPTOWN:

1412 W. 36TH ST.
MINNEAPOLIS, MN 55408
MAIN (952) 297-8900

RAMSEY:

285 DALE STREET NORTH
ST. PAUL, MN 55103
MAIN (952) 297-8923



RESOURCES:

Hennepin County

Front Door: (612) 328-4111

United Way First Call for Help: (651) 291-0211

Financial Aid/Economic Assistance

- Families: (612) 596-1900
- Singles: (612) 596-1300

Opportunity Centers

- Youth: (612) 252-1200
41 North 12th Street, Minneapolis
- Adult: (612) 204-8300
740 East 17th Street, Minneapolis

Psychiatric Emergencies (COPE): (612) 596-1223

Minnesota Legal Aid: (612) 334-5970

Housing Legal Advocacy (HomeLine): (612) 728-5767

Homeless Assistance

To Access Emergency Shelter:

- Metro Shelter Hotline: 1-888-234-1329
- Singles (Adult Shelter Connect): (612) 248-2350
- Families (Hennepin County Shelter Team): (612) 348-9410
- Battered Women's Hotline: (651) 646-0994

Youth

- South Minneapolis (Hope Street): (612) 204-8211
- North Minneapolis (Avenues): (612) 522-1690
- Northwest Suburbs (YMCA): (763) 493-3052
- South Suburbs (Oasis for Youth): (952) 512-2061

Families or Singles

- Minneapolis (St. Stephens): (612) 871-0311
- South Minneapolis (Sabathani): (612) 821-2399
- Northwest Suburbs (CEAP): (763) 566-9600
- West Suburbs (PRISM): (763) 529-1350
- South Suburbs (VEAP): (952) 888-9616

988- CRISIS AND SUICIDE PREVENTION LINE



ASSERTIVE OUTREACH & STABILIZATION

*Connecting you to services
that matter most to you!*

23 9th Avenue South
Hopkins, MN 55343
www.vailcommunities.org

Many people have a hard time getting the support they need or knowing what options are available to them. In AOS, we offer short-term, hands-on support, to help you find resources and benefits that will help you feel more stable and connect you to the services that matter most to you.

OUR HISTORY

For over 43-years, Vail Communities has been providing innovative services to over 3,000 adults with mental illness each year by connecting them with needed services and resources to avoid crisis, achieve stability, and live active, fulfilling lives. Vail Communities helps coordinate care for those struggling with mental illness are assisted through housing, employment, health and wellness, care coordination, and connections to vital resources.

WHAT IS ASSERTIVE OUTREACH & STABILIZATION (AOS)

AOS is a short-term program that supports adults who are having difficulty accessing or maintaining the services they need.

We work at your pace to help you:

- Feel more stable
- Connect to resources and services
- Take steps toward your personal goals

We work with your provider so there is no cost to you!

WHO WE SERVE

We support adults age 18 and older who may:

- Visit hospitals or emergency rooms frequently
- Have unmet mental health, substance use, or medical needs
- Experience housing instability or homelessness
- Need help with food, transportation, employment, education, or benefits
- Have questions about Medical Assistance, waivers, or economic assistance

HOW WE CAN HELP

We meet individuals in person, by phone, and virtually, in ways and places that feel comfortable and accessible.

Supports may include:

- Connecting to medical and mental health care
- Supporting housing stability and understanding your options
- Food assistance
- Transportation Assistance
- Employment or Education Assistance
- Waiver programs (i.e., CADI, Elderly Waiver, Alternative Care Programs)
- Economic Assistance (i.e., General Assistance, SNAP, MFIP, MN Housing Support)
- Medical Insurance help

WANT TO LEARN MORE OR NEED HELP?

CALL OR EMAIL US:

952-945-4225

REFERRALS@VAILCOMMUNITIES.ORG

