

Fraser In Focus

A Newsletter for Friends of Fraser



Summer 2016

Fraser Behavioral Health Home



Depression, anxiety and other mental health concerns are common and can be disabling. Yet only 25% of patients with these disorders receive effective care. Most individuals with mental health concerns prefer to receive treatment

from their primary care providers and even those who do receive specialized mental health treatment have limited access to effective medical care.

These concerns are why Minnesota decided to create Behavioral Health Homes for those who receive Medicaid/Medical Assistance said Lisa Cariveau, Care Integration Planning Coordinator with the Minnesota Department of Health.

“Behavioral Health Homes are designed to support the whole person and their family in navigating the system to get the services they need to live their best lives,” said Cariveau.

Minnesota currently has a program that provides targeted case management services to families. But this new program, that launches on July 1, 2016, is unique with a broader set of criteria for eligibility, a focus on health and wellness education, access to different levels of expertise and an awareness of the whole person. “The program ensures that people with serious mental health concerns are getting care across all domains of their life,” said Cariveau. “The focus is on preventative care.”

In Minnesota there are 109,000 people on Medicaid who struggle with mental health; only 23,000 of those are receiving targeted case management services despite findings that these services increase good outcomes, decrease mortality and health care costs. The state found that there are 50,000 to

80,000 Minnesotans that will benefit from the coordinated care Behavioral Health Homes provide, said Cariveau.

At Fraser there are over 700 families that qualify for this new program. Wendy Berghorst, Director of Integrated Healthcare Services, is excited to offer this innovation to Fraser families. “We are able to really help families in a different way than we have before through working with their doctors and community resources for improved health and well-being,” said Berghorst.

Fraser Behavioral Health Home will integrate mental health with physical health ensuring that families with complex health needs are receiving the right care at the right time. “Fraser will support families by giving them one key person to help them coordinate their care within Fraser and in the community,” said

“Behavioral Health Homes are designed to support the whole person and their family.”

Berghorst. It is this coordination - ensuring that follow-ups are made with the right experts, appointments are timely and convenient, families are educated about the health concerns that impact their family - that is proven to significantly improve medical and mental health outcomes.

The Fraser Behavior Health Home team consists of a System Navigator, who is a mental health practitioner, and an Integration Specialist, who is a registered nurse. “The team will develop a health wellness review and a health action plan for families that remove many barriers to care, and will allow Fraser to have a real impact on families with complex health needs,” said Berghorst.

To find out more about this program that launches on July 1, 2016, visit fraser.org/our-services/bhh.

The Fraser mission is to make a meaningful and lasting difference in the lives of children, adults and families with special needs. We accomplish this by providing education, healthcare and housing services.

Investing in Community



Community is important. We all know this. Active communities are healthy communities and members of healthy communities thrive. That is why Fraser is focused on creating communities for families with special needs.

Diane Cross

Fraser was founded on the principle that individuals with special needs belong in their communities. Since then we have been providing the supports families need so that children can stay in their home and be active in daily life.

I've used that word a lot – community. Before it becomes meaningless, let me clarify. At Fraser when we talk about community, we mean every aspect of a person's life – school, home, work and recreation. But most of all, it's about being part of something, being present and connected to the things many of us take for granted.

Fraser does this in so many ways for the families we serve, but we also do it for our employees and volunteers. That community, that connection is critical to our future. This year we are focused on enhancing and building community through making our infrastructure stronger. With a stronger foundation we are able to reinforce the bonds that tie us together. With those ties, we are able to reach out and connect with even more families.

That brings us right back to investing in our community, the community that stands next to you in the check-out line and the community that you build everyday through serving families. We are honored to be a part of your neighborhood and look forward to the bright futures we create together.

Warm regards,

Diane S. Cross, President and CEO

Housing and Community Supports

Fraser provides a full continuum of Housing and Community Supports services for individuals with special needs, including developmental disabilities like autism. Fraser Housing includes Supervised Living (27 four-person group homes), Supportive Living (apartments with staffing support offered within community buildings) as well as Independent Living (apartments in five Fraser operated buildings).

To more closely align our three housing options, and to provide an avenue to bring all of our waiver-funded programs under one umbrella, Sheila Grisim will be taking on a broader role as Senior Director of Housing and Community Supports. Kelli Danger has been promoted to the role of Director of Supervised Living.

Growth in these areas has driven these changes, and we are excited to keep expanding our Housing and Community Supports options for Fraser families.

LearnTalk Play

Have fun this summer while keeping your child's skills at their best! Social skills, making friends and learning through play are the focus of

Learn Talk Play at Fraser. Join one of the following groups:

Preschool group Monday, Wednesday and Fridays from 9:00 to 12:00 at **Fraser Richfield**

Preschool group Tuesday and Thursdays from 1:00 to 4:00 at **Fraser Richfield**

Preschool group Tuesday and Thursdays from 9:00 to 12:00 at **Fraser Eden Prairie**

Access Talent

Fraser Career Planning and Employment has developed a series of videos that will help employers access the talents of individuals with disabilities. The result of a generous grant from Wells Fargo, these videos show how to support individuals with disabilities through the interview and hiring process so that their particular talents can be part of your workforce.

Start hiring the best person for the job instead of the person who interviews the best. Resources are available at www.fraser.org/Resources/For-Employers.



The Lion King goes Sensory-Friendly!

Hennepin Theatre Trust will offer a **sensory-friendly performance of The Lion King - Musical on July 30!** Special accommodations will be made to create a comfortable, fun and memorable experience for individuals with sensory, social and learning disabilities. Tickets are discounted for Fraser families and are on sale now!

Visit hennepintheatrettrust.org/sensoryfriendly for more information and to purchase tickets for this special performance.



MEET OUR STAFF

Kelli Danger

Kelli Danger has been creating Fraser homes for individuals with disabilities since February of 2008 as an assistant director with Fraser Supervised Living (then known as Fraser Residential

Living). Before that, Danger worked for another provider as an In-Home Program Manager and Operations Director in residential services for six years.

Coming to Fraser was a welcome change. "Group home work has some challenges, but it is so fulfilling," said Danger. "You have the opportunity to work in the same home with the same people, and you establish a relationship with them. Delivering consistent care, 24/7, allows us to help individuals gain skills and become more independent."

It's this person-centered care that makes Danger excited about her new role with Fraser as the Director of Supervised Living.

"It's an exciting challenge to lead the team in providing quality caring services to clients!" said Danger. "Fraser has always delivered person-centered services."

Danger loves Fraser because of this person-centered approach, which is why she continues to grow with the Supervised Living program. It's the perfect fit for her.

Fraser is now in Apple Valley!

Our new Supportive Living location in Apple Valley is hiring Direct Support Professionals. Part-time, full-time, evening, weekend and asleep overnight opportunities are available for interested individuals.

Have a real impact on the lives of individuals with disabilities who are striving to live independently and become an active part of their communities. Assist clients living in their own apartments by accompanying them on community outings and errands, helping them reach their individual goals, manage medication and documentation.

Fraser continues to grow so there are lots of opportunities for pay increases and advancement. Become part of the Fraser team while helping individuals with special needs create bright futures!

For more information, and to apply, please visit www.fraser.org/employment.

Nearly 3,000 individuals came to the Mall of America on April 16th for the Fraser Walk for Autism, presented by BMO Harris Bank. The morning was packed with fun for families: face painting, therapy animals, Twins tickets and tickets to a sensory-friendly performance of the Lion King. Entertainment by River Valley Dance Academy, MagicBrad and Farmington Competitive Cheer and tons of local resources highlighted what makes our community great. The outpouring of support raised more than \$125,000 for Fraser autism services!

Thank you to all who donated, volunteered and raised funds. Your contributions and hard work will have a positive impact on so many families in our community. Join us in congratulating "Never Forget Nellie 4" the top fundraising team for the fourth year in a row. They raised \$10,400! We would also like to recognize the Wells Fargo Walkers, top corporate fundraising team, who raised \$3,925.

Thank you to all of our sponsors, especially our presenting sponsor BMO Harris Bank. Our hardworking volunteers who helped out at the event are the stars of the day. You make this family-friendly event possible.



Fore! Fraser Benefit Golf Classic



Join us on Monday, June 20 for the 22nd Annual FORE! Fraser Benefit Golf Classic, presented by Wells Fargo. Enjoy the beautiful greens of Brackett's Crossing Country Club in Lakeville for a day of golf, games, prizes and support of Fraser. Thanks to the generosity of Brackett's owners Tom and Peggy Smith, nearly all the funds raised go to Fraser Housing.

Corporate sponsors and individual golfers enjoy a day of 18 holes of golf, contests and prizes, refreshments along the course and all-you-can-eat barbecue lunch and gourmet dinner.

Register early at fraser.org/golf! Several exciting sponsorship opportunities are available. For more information, please contact Rose Rosario at 612-798-8343 or Rose.Rosario@fraser.org.



Team Fraser

Join Team Fraser to honor or support someone with autism. Fraser is Minnesota's largest and most experienced provider of autism services, and you can help us serve more families through Team Fraser. We participate in a variety of events, so there is something for every skill level. Get fit, have fun while supporting Fraser families!

July 9

Lifetime Fitness Triathlon

Register now



August 6

Tour de Tonka

Register now



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Kohl's Cares
Morgan Stanley
Nesel Packs
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Verizon

Save the Date

There's no place like Fraser.
Join us at the Fraser Annual Benefit on
Saturday, October 15
at the JW Marriot Minneapolis
Mall of America.

There's no place like
Fraser

FRASER ANNUAL BENEFIT

JW MARRIOTT MINNEAPOLIS MALL OF AMERICA
SATURDAY, OCTOBER 15, 2016

Louise Legacy Society Established

In order to recognize the most generous Fraser supporters, we are pleased to announce the new Louise Legacy Society. Members of the society include those who contribute a total of \$1,000 or more on an annual basis.



Our new donor society is named in honor of Louise Whitbeck Fraser, a young widow and mother who founded Fraser in 1935 as a home school for children with disabilities. Mrs. Fraser began the school in response to requests from parents who were impressed by the success she experienced teaching her daughter with special needs.

We hope you will consider joining the Louise Legacy Society. Your membership provides the consistent financial support needed for children and adults with disabilities to receive life-changing services.

This level of support demonstrates to families with special needs that their health and happiness are a priority in our community. Through your gifts, you inspire generosity and create bright futures!

Join the Louise Legacy Society! Contact Anna Stier at anna.stier@fraser.org or 612-798-8328.

"I am pleased to join the Louise Legacy Society, to show my support of Fraser families. I hope many more community members will do the same, to positively impact the lives of children and adults with special needs".

Fraser Donor

Supportive Living

Our 44-year-old daughter, Jennifer, has long held a dream of living in her own apartment and being more independent. After more than 20 years of group home living, her dream finally came true in May of 2015 when she moved into a Fraser Supported Living apartment. The move has made a profound difference in both her life and ours.

Jennifer loves the freedom and privacy of having a place she can call her own and is enthusiastically approaching all the challenges that go with it. She has made great progress in cleaning, laundry, menu planning, grocery shopping and cooking.

The latter, of course, has been tough, but she is slowly moving away from frozen food in the microwave toward home-cooked meals. The Fraser staff has done a great job of moving Jennifer along in all these areas. And we enjoy the blow-by-blow account when she calls and tells us she just made spaghetti by herself. The pride she feels is evident.

Jennifer's activity level has also increased. She does daily things independently as staff is available to take her where she wants to go. If she wants to go shopping at Target, it is possible. In the group home setting activities were limited, and the whole group had to go or no one could.

"The move has made a profound difference in both her life and ours."

Jennifer has formed friendships with other Fraser Supported Living residents, and they do outside activities as

well, such as go out to lunch. Fraser staff provides weekly, on-site activities and residents have the option of going. Jennifer appears to be happier and



more involved with others and life in general than ever.

When she lived in the group home she came home every chance she had, including every weekend. Now she seldom comes home to spend time with us. It was a defining moment for the Fraser program when, after being in it for a month or so, Jennifer called us and asked us if it would be okay if she didn't come home for the weekend. She had plans.

We did our happy dance and said that would be fine. That was almost a year ago, and we are still celebrating. Jennifer feels good about where she is at, and so do we.

For more information on Fraser Housing options, visit www.fraser.org/Our-Services/Housing.



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Help Fraser be green. If you are receiving multiple newsletters at your address, please contact us so we can update our records.

“Learn Talk Play is just what my son needed to get ready for kindergarten!”
– Fraser parent



**For children preschool through 10 years old who need help with social skills.
Contact Andrea Nelson at 612-798-8330 for more information.**

