

If you have been diagnosed with mental illness you are not alone! You are in the company of greatness:

- Sting
- Kurt Cobain
- Michael Phelps
- Charley Pride
- Van Gogh
- Robin Williams
- Jimi Hendrix
- Abe Lincoln
- Jim Carrey
- Sheryl Crow

Mental illness does not have to be a barrier. Support is available to help break down the stigma associated with mental illness.

"You will face many defeats in your life, but never let yourself be defeated."

~Maya Angelou



Everyone needs Support!

Discharge Planning

Aitkin County Sheriff's Office and
Aitkin County Health & Human Services
Collaboration

Discharge Planning

A **discharge planner** helps assist with your transition back into the community.

Almost all inmates with mental illness or substance abuse disorders will leave jail and return to the same crisis that brought them there *unless* transition planning occurs.

Criteria:

- ✓ **You must be an Aitkin County resident;**
- ✓ **You must be able to identify that you have in the past or are currently struggling with a mental illness such as: depression, anxiety, bipolar, ADHD or schizophrenia.**

If you are interested in meeting with a **discharge planner**, talk to staff at the jail or write a kite requesting a meeting.

What is ahead when you go home?

- Do you have a home to go to? Is it safe for you to return there?
- Do you need help coordinating/attending health appointments? Do you struggle with suicidal thoughts? Do you need support to take medications?
- Do you have a job?
- Do you need help coordinating transportation?
- What kind of positive support systems do you have in your life?
- Is substance abuse an issue in your life? Have you relapsed? Do you need help connecting with groups or treatment services?
- Are your child care needs addressed so you can work, job search and/or attend appointments?
- Would a peer support person be helpful?

Ongoing Support

To help avoid future incarceration, a **discharge planner** can assist you in identifying stressors in your life, what works well for you, and what you need in order to reenter and remain in the community.

The **discharge planner** will continue to support you in the community.

A **discharge planner** can also help you if you have special needs with reading and writing. Please let the worker know if you have culturally sensitive needs.



SUPPORT

Together, we can make it **OK**

1 out of every 4 adults **will have** some kind of mental illness in their lifetime. This presentation will help you become more comfortable talking about mental illness, learn about the stigma surrounding mental illness, and what we can do to change attitudes and ultimately, people's lives.

When: Wednesday, September 9th

Time: 3:00 p.m. to 4:00 p.m.

Where: Aitkin County Jail - Library

Speaker: Ann Rivas, Discharge Planner

Discharge planners are available to help you with your transition back into the community. If you are interested in meeting with a discharge planner, talk to jail staff or write a kite requesting a meeting.

Stop the Silence - Make it OK