



AFRICAN AMERICAN FAMILY SERVICES
HOLISTIC | LIFE-LONG SKILLS | PROGRESSIVE LEARNING

OUR WELLNESS SERVICES OVERVIEW

African American Family Services works with individuals, families and communities affected by addiction and mental illness. From our holistic standpoint, we provide culturally-specific chemical and mental health services that impact family preservation and promote community-based change and wellness.

Our Mission

African American Family Services offers individuals, families and communities affected by addiction and mental illness the services, resources and inspiration needed to foster wellness, hope and empowerment.

Our Vision

We will act as the preeminent thought and research leader on African American behavioral health and wellness.

Our Values

- We believe that culture matters.
- We believe in a holistic approach, emphasizing wellness and treating the whole person with dignity and respect.
- We believe in developing people's strengths, not focusing on their weaknesses.
- We believe it is our responsibility to be of service to our communities.
- We believe in innovation.

Family Services

- Adult & Adolescent Rule 25 Assessments
- Adult Rule 31 Treatment
- Women's Recovery Enhancement
- Adult & Adolescent Rule 29
- Mental Health Services
- Domestic Violence (S.A.F.E.)
- Co-occurring disorder treatment
- Women's Anger Management Classes
- Transition Lecture Series

Family Services

- Family Preservation Services
- Family Group Conferencing

Center for Excellence and Outreach

- Cultural Competency Training
- Clinical Cultural Competency Training
- Program Development
- Volunteer/Internship training

For more information call 612-871-7878 or visit our website at www.aafs.net

CENTRAL OFFICE

2616 Nicollet Avenue South · Minneapolis, MN 55408

ST. PAUL OFFICE

1041 Selby Avenue · St. Paul, MN 55104



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WOMEN'S RECOVERY ENHANCEMENT

Case Management Plus

African American Family Services, through a grant from the Minnesota Department of Human Services, is pleased to offer this twenty-six week case management and supportive services program.

The goal of the program is to:

- support pregnant women towards delivery of a drug free baby,
- support women with children to acquire and maintain their sobriety,
- enhance their parenting skills, and provide their families with supportive, sober and drug free environments.

The program offers

A twenty-six week program of supportive services to help women with dependent children decrease their use of chemical substances.

- Access to social service referrals designed to eliminate barriers to sobriety
- Group support for chemical dependency treatment
- Parenting training and skills enhancement
- Home visits

- Teen support groups

Continuing care services

- Assistance with Recovery Maintenance
- Housing Referrals
- Employment Referrals
- Relapse Prevention
- Mental Health Referrals
- Other social services as needed
- Parenting education.

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THE INSTITUTE ON BLACK CHEMICAL ABUSE

I.B.C.A.

Chemical Health Assessments

Rule 25 assessment services are offered at African American Family Services Monday through Thursday. Our Assessment Team is culturally competent, and is able to effectively assess clients and their chemical health needs. Our assessors provide prompt results, and make recommendations for referral to chemical health services that best fit the client's needs.

Our treatment programs use culturally-specific evidence-based models, combined with industry best practices grounded in African-American culture. We utilize an eclectic therapeutic approach, as well as a variety of cognitive therapies, including behavior modification, cognitive restructuring, cultural awareness, 12-step philosophy and motivational interviewing.

Treatment Services

Licensed by the Minnesota Department of Human Services, AAFS' Adult Outpatient Treatment program helps individuals understand the causes of chemical dependency. We address societal issues such as oppression, racism, and cross-cultural ignorance, and work from the premise that for individuals to give up and wait for society to change can make them victims.

Continuing Care

Getting out of treatment and transitioning back into the community is only the beginning. Continuing

care support is critical to a stable, sustainable, sober life for people recovering from chemical dependency.

Our Continuing Care services include:

- Transition Lecture Series
- Relapse Prevention for African Americans
- Support Groups

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FAMILY SERVICES

In partnership with county Child Protection departments, the Family Assessment program focuses on African American families who have minor children in which there is no substantial finding of child endangerment, and safety and maltreatment risks are evaluated as low to moderate. Referrals are taken through county Children and Adult Services.

AAFS' case management staff, using strength-based needs assessment tools, help families to access community-based resources, help to support the development of a family support system, provide in home parenting education and offer life skills education and support to families.

Sisters Advocating for Empowerment (S.A.F.E.) and Women's Anger Management Services are provided to African-American and multi-cultural women and families who have been impacted by domestic violence. The S.A.F.E. program provides culturally-specific support groups for women who are involved in, or are survivors of domestic violence, including women who have demonstrated aggressive behaviors. S.A.F.E. education and support groups are offered to participants working to develop, encourage and maintain safe and stable living situations while gaining a sense of increased empowerment in their lives. Program methodologies are rooted in evidence-based practices which are developed for cultural communities.

S.A.F.E. is a free service and women are welcome to join at any time.
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SALIMAH MAJEED'S HOPE FOR HEALING CENTER

Former AAFS Executive Director, Salimah Majeed aspired to what Shirley Chisholm once said: Service to others is the rent we pay for our space on earth.

Our Approach

Each person is embedded in many relationships, contexts and communities. Healing happens within these contexts of relationships and communities and involves every aspect of a person: emotional, spiritual, physical and intellectual.

Each person brings a unique set of circumstances, strengths and challenges to the therapeutic process and we believe that it is crucial that the whole person is seen and heard in all that they bring and in all of who they are.

How can our Mental Health Services help those in need?

The majority of clients who have participated in mental health services at AAFS reported relief of emotional distress and progress toward personal goals. Our programs offer familial stability through the delivery of holistic health services.

We address trauma, family violence, grief and loss, parenting skills, and many other issues that are cause for crisis in the family. Counselors and facilitators locate the sources of unrest in the life of the clients, and are empathetic to the burdens that clients are facing. Our culturally-specific services create a caring environment for those who enter our doors.

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INDIVIDUAL & FAMILY COUNSELING

Our licensed mental health therapists provide individual and family counseling for adults and adolescents by appointment or walk-in basis when available. Our therapists are culturally-competent, and provide goal-oriented, skill-building counseling sessions. Our therapists can also be found at local community health clinics in Minneapolis, providing free and sliding fee mental health counseling sessions for those who qualify. AAFS mental health contracts with most of Minnesota's insurance providers.

African American Family Services' Hope for Healing Center is a Rule 29 mental health clinic licensed by the Minnesota Department of Human Services.

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CO-OCCURRING MENTAL ILLNESS & SUBSTANCE USE DISORDERS

Among individuals who have a substance use disorder, up to half also have mental illness. If you have one of these disorders, you may have the other, too.

People who have co-occurring disorders are much more likely to have serious problems in life, such as:

- frequent hospital visits
- trouble with the law
- family and relationship conflicts
- loss of housing and jobs
- infectious and chronic diseases
- risk of suicide
- difficulty staying in treatment

If you struggle with these problems over and over, you may have co-occurring disorders.

Effective treatment for co-occurring disorders addresses these interactions by focusing on both disorders at the same time.

Integrated treatment

Treating both disorders at the same time, preferably with the same treatment team, is called integrated treatment. Integrated treatment uses the best techniques from mental health and chemical health treatment, and combines them into a unique approach specifically designed for co-occurring disorders.

This approach includes:

- Listening to what you want
- Only you can decide if you're ready to begin treatment for co-occurring disorders. If you're not ready yet, we will listen to your concerns and help you with any problems you'd like to work on first.
- Trying a variety of techniques to find what works best for you
- Options include individual counseling, medications to treat mental illness or to help reduce substance use, informational materials, and groups specially designed to address co-occurring disorders.
- Working with others you'd like to help support you

We can work with your doctor, social worker, case manager, or other professionals who may be able to support your treatment. We can help your loved ones better understand your disorders and your treatment.

We can also help you find a self-group that understands the unique situation of people with co-occurring disorders.

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