

What to Expect: Intensive Community Transition Services (ICTS)



Intensive Community Transition Services (ICTS) is a program designed to support you during times of change and transition. Whether you are **leaving inpatient treatment, a hospital, or a correctional facility**, this program can help you move forward with confidence. ICTS offers personalized assistance in many areas, including adjusting to life in the community, navigating or obtaining health insurance, building social supports, connecting to helpful resources, understanding medications and more. **Services are tailored to you** and provided based on what you need so you can feel supported every step of the way.

Program Details

Who is Eligible?

ICTS is available to anyone ages 18 or older, and:

- Resides these Minnesota counties: Aitkin County, Cass County, Crow Wing County, Morrison County, Todd County or Wadena County
- Are referred by a qualifying entity (county case managers, corrections staff, hospital social workers, mobile crisis team members, and the like)
- Are struggling with a current mental health condition or symptoms

What Can I Expect?

Our team provides flexible, community-based care by meeting with you in your home or other convenient settings. A Mental Health Practitioner is involved as needed to ensure you receive appropriate, coordinated care. You'll **continue working with your provider until your goals are met**, insurance coverage is secured, or you're connected to another appropriate level of support. Throughout services, our team collaborates closely with your family and/or care team.

We will work with you to help navigate next steps like connecting to community resources, building social supports, understanding medications, developing coping skills, coordinating care, and advocating for any ongoing needs.

What ICTS Support Building Skills in:

- Managing mental health conditions
- Preventing relapse
- Developing a healthy lifestyle
- Managing a household
- Budgeting and shopping
- Planning for employment
- Pursuing education
- Monitoring use and effectiveness of medications
- Re-entering community living after treatment
- Learning to get around the community
- Building an external support network
- Discovering and using community resources to get needs met
- Communicating opinions, thoughts, and feelings, or key information with others