



**Lee Carlson Center™**  
FOR MENTAL HEALTH & WELL-BEING

[www.leecarlsoncenter.org](http://www.leecarlsoncenter.org)

Bridgeview offers adults living with serious and persistent mental illness a place to drop in to avoid the isolation as well as the stigma of their diagnosis. Located off of University Avenue on a bus line, Bridgeview is the only program of its kind in Anoka County.

It's a setting that promotes social interaction, psychosocial rehabilitation, and support. Staff works closely with families, care providers, and community organizations to assist with access to resources and services. Membership is free for those who have an SPMI diagnosis and who live in Anoka County. Transportation is provided to those who need it.

Members have access to a wide array of support groups each week. Topics range from "Anger Management" to "Anxiety and Social Phobia" to "Gratitude Journaling." Through collaboration with Rise, INC. members have access to an employment specialist and vocational rehabilitation. In partnership with Allina Health & The Penny George Institute for Health & Healing, members can learn about the connection between mind and body through monthly seminars and through weekly yoga and dance classes. Offsite cooking sessions are also offered throughout the year and weekly field trips and monthly bingo are also a highlight for members. For those who want to explore their creative side, Art and writing instruction is also offered.

Since many members struggle to pay for the cost of their medications, they struggle with their food budgets.

Monday-Thursday each week, a balanced lunch is provided through BoB's Produce Ranch in Fridley. Friday lunches are provided by community partners as part of our "Community Connections" Day. In many cases, lunch at Bridgeview is the only meal for the day for members.

**Our request:**

Each year, 250-350 members use the services of Bridgeview. In a given day, 50-70 members visit the drop-in center. As membership continues to grow, we anticipate that will increase to 80-90 members per day. Due to the daily traffic, there is significant wear and tear on the floor. We have found a solution that will be durable and color neutral so that our space will look nice for Bridgeview members and impact their experience while there. We had no way to anticipate that the flooring we now have would have fared so poorly with respect to daily use and high traffic. We are looking to upgrade the surface so that it outlives the current lease term (9 more years) and quite possibly beyond.

To re-do our floors, we have received approval for a small capital campaign grant from The Pohlad Foundation pending matching funds from the community. Funding from the City of Blaine would help us reach our matching dollars goal. Other civic groups and individuals who have pledged their support include: The Spring Lake Park and Fridley Lions Clubs, the Ham Lake Chamber of Commerce, the city of Andover along with some individual donor/supporters.

*Bridgeview is one of the many mental health programs offered by Lee Carlson Center for Mental Health & Well-Being, a 501 © 3 non-profit, also located in Fridley, that impacts the lives of over 6,000 individuals, families, and caregivers each year. In addition to Bridgeview, the agency offers individual and family counseling, psychiatry and testing, a therapeutic-based domestic abuse program, and school-linked mental health services in the Fridley, Columbia Heights and Centennial school districts reaching youth K-12.*