

## About Mental Illness

### Do you know the facts?

- About 1 in 4 people aged 18 or older have a mental health disorder.
- Mental illness is more common than cancer, diabetes, or heart disease.
- Mental illness is just like any other chronic medical condition, like diabetes.
- Most people with mental illness are not violent. They are actually 2.5-12 times more likely to be a victim of violence than people without mental illness.
- Most people with mental illness can and do recover. They live, work, and contribute to their community.

[www.co.washington.mn.us/adultmentalhealth](http://www.co.washington.mn.us/adultmentalhealth)

## To Learn More

### What our providers say:

“I've always said I have the best job in the world. My life, my children's lives, and the lives of the adults in my home have changed for the better. Yes, there are days that don't go so well, but there are so many days that make it worth it. A good sense of humor helps too!”

*Adult Foster Care Provider*

“I've learned to walk along side of people in their journey. With patience and positive thinking, I can give others a chance to live a better life.”

*Adult Foster Care Provider*



For more information on fostering adults with a mental health diagnosis or to attend an Adult Foster Care Informational Meeting, contact us at 651-430-8307 or [ComSvsAFCLicensing@co.washington.mn.us](mailto:ComSvsAFCLicensing@co.washington.mn.us).

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## You can Make a Difference

*for Adults with a Mental Health Diagnosis*



**Washington County  
Adult Foster Care**

651-430-8307

[www.co.washington.mn.us/  
adultfostercare](http://www.co.washington.mn.us/adultfostercare)

## Adult Foster Care - The Need

### When life gets difficult... ...can you help?

As a Washington County adult foster care provider, ***you can make a difference*** in the lives of adults with a mental health diagnosis who are unable to live independently. Many choose to live in a family setting and simply need the support and stability of foster care to manage the demands of everyday life.

### Who needs care?

- Over 18 years old
- Have a mental health diagnosis
- Need a safe, caring environment
- May be involved in programs during the day such as school, work, or organized day program
- May stay with you for a long time, but most are short-term

## Adult Foster Care Providers

### What is adult foster care?

Licensed individuals or families provide adult foster care in their own home. The adults in care need a safe and supportive environment in which to thrive and learn independent living skills.

### What do foster homes provide?

- Supervision, emotional support, and protection
- Lodging, meals, and household services
- Other services based on the specific needs of each person

### What do foster homes receive?

- Payment for care
- On-going training
- A chance to make a difference!

## Adult Foster Care Providers

### Do you have what it takes?

If you have cared for adults in your job, family, or community who live with a mental health diagnosis, you know the rewards and challenges of each person's journey. You can be a vital member of a team of professionals working to address the needs of each adult needing care.

### What qualities are important?

Successful adult foster care providers are:

- Accepting
- Caring
- Collaborative
- Flexible to change
- Patient
- Supportive