



FAQ: What is the St. Paul Capitol Area IRTS Facility?

The following information provided by applicant / facility owner Bibi Abdalla - updated May 22, 2025.

What is an Intensive Residential Treatment Services (IRTS) Facility?

An IRTS facility provides a safe and supportive environment for individuals with severe mental illness who need more support than outpatient care but do not require hospitalization.

What is the St. Paul Capitol Area IRTS Program?

Our program offers comprehensive, culturally competent mental health services designed for adults aged 18 and older, focusing on individuals from marginalized communities.

What types of services will be offered?

- **Mental Health Care:** Psychiatric evaluations, medication management, individual, group, and family therapy.
- **Substance Use Counseling:** Support for co-occurring substance use disorders.
- **Life Skills & Vocational Training:** Daily living skills, job readiness, and educational support.
- **Holistic Wellness:** Nutritional counseling, physical health programs, and creative therapies.
- **Transitional Planning & Aftercare:** Discharge planning and post-discharge support to ensure long-term success.

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Who will the facility serve? How many can be served?

We primarily serve adults from underserved populations, including those who have experienced trauma, homelessness, or frequent psychiatric hospitalizations. Six residents will be approved as the facility maximum, however currently no more than five residents can be served at this facility due to building code.

Are there licensed professionals on-site? What are the facility licenses to be maintained?

Yes, our facility will be staffed, 24/7, with a highly trained, multidisciplinary team dedicated to providing exceptional care.

Licensed Staff:

- Psychiatrists & Psychiatric Nurse Practitioners [off site – by appointment]
- Licensed Mental Health Therapists [Mental health professionals]
- Registered Nurses for medication management
- Substance Use Counselor

Facility Licenses:

- The facility will hold IRTS a state license to ensure we meets standard care and safety for clients.
- There will also be facility licenses and inspections to ensure facility maintains occupancy permit and health inspections

How is safety ensured for vulnerable populations and our community supporting them?

- **24/7 Staffing and Crisis Support:** Ensures safety for both clients and the neighborhood.
- **Regular Inspections and Background Checks:** All staff undergo rigorous background checks, and the facility is regularly inspected by the Department of Human Services (DHS).
- **Strict Visitor Policies:** Controlled visitor access to maintain a secure environment.
- **Small Facility:** Only 5 (max 6) clients at a time to ensure individualized attention and minimal neighborhood impact.

What are the community benefits?

- **Enhanced Safety and Support:** By providing a structured, supportive environment, we ensure that vulnerable individuals receive the professional care they need. This promotes stability, recovery, and successful reintegration, ultimately benefiting the entire community's well-being.
- **Holistic Care:** Promotes recovery, independent living, and community reintegration.
- **Culturally Competent Services:** Addresses the unique needs of diverse populations, making our community stronger and more inclusive.

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