

# **Mental Health Resource Guide For Adults**

**[www.adultmentalhealth.org](http://www.adultmentalhealth.org)**

**East Central Crisis Services  
1-800-273-8255**

**Crisis Text Line  
Text "MN" to 741741**

## Adult Mental Health Initiative

Region 7E Adult Mental Health Initiative

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

### Crisis

<b>Crisis Nursery:</b> Children’s Home Society of MN, Chisago County	651-674-8498
<b>East Central Crisis Services</b> <a href="http://canvashealth.org/crisis-support">canvashealth.org/crisis-support</a>	800-523-3333
<b>Northern MN Suicide Prevention and Crisis Text Line</b>	Text “MN” to 741741
<b>MN Warm Line</b> (Peer Support Connection) <a href="http://www.mnwitw.org">www.mnwitw.org</a> (Call or Text. Limited hours.)	844-739-6369
<b>National Suicide Hopeline Hotline</b>	800-SUICIDE (784-2433)
<b>SAVE Suicide Hotline</b>	888-511-SAVE (7283)
<b>National Suicide Prevention Lifeline</b>	800-273-TALK (8255) Press “1” for Veterans
<b>Veterans Homeless Line</b>	877-4- AID –VET (877-424-3838)

### County Agencies

<b>Chisago Health/Human Services</b> <a href="http://www.chisagocounty.us">www.chisagocounty.us</a> <i>Sheriff’s Office</i>	651-257-1300 651-257-4100
<b>Isanti County Family Services</b> <a href="http://www.co.isanti.mn.us">www.co.isanti.mn.us</a> <i>Sheriff’s Office</i>	763-689-1711 763-689-2141
<b>Kanabec County Family Services</b> <a href="http://www.kanabeccounty.org">www.kanabeccounty.org</a> <i>Sheriff’s Office</i>	320-679-6350 320-679-8400
<b>Mille Lacs Community/Vet Services</b> <a href="http://www.millelacs.mn.gov">www.millelacs.mn.gov</a> <i>Sheriff’s Office</i>	320-983-8208 320-983-8250
<b>Mille Lacs Band of Ojibwe</b> <a href="http://www.millelacsband.com">www.millelacsband.com</a> <i>Tribal Police</i>	320-674-4384 320-532-3430
<b>Pine County</b> <a href="http://www.co.pine.mn.us">www.co.pine.mn.us</a> <i>Sheriff’s Office</i>	800-450-7463 320-629-8380

More providers in each category can be found at: [www.adultmentalhealth.org](http://www.adultmentalhealth.org)

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## Hospitals with Mental Health Services

**Abbot Northwestern Hospital**, Minneapolis 612-863-4000  
[www.abbotnorthwestern.com](http://www.abbotnorthwestern.com)

**Allina Health-Cambridge Medical Center**, Cambridge 763-689-7700  
<https://account.allinahealth.org/servicelines/826>

**CentraCare - St. Cloud Hospital**, St. Cloud 320-200-3200  
Behavioral Access Nurse 320-255-5774  
<https://www.centracare.com/locations/centracare-st-cloud-hospital-behavioral-health/?L=true>

**Hennepin County Medical Center**, Minneapolis  
Acute Psychiatric Services 612-873-3000  
Crisis Center 612-873-3161  
[www.hennepinhealthcare.org](http://www.hennepinhealthcare.org)

**Hutchinson Medical Center**, Hutchinson 320-484-4610  
Mental Health Clinic 320-234-5000  
[www.hutchhealth.com](http://www.hutchhealth.com)

**Mercy Hospital / Unity Clinic**, Fridley 763-236-5000  
<https://www.allinahealth.org/mercy-hospital>

**North Memorial**, Robbinsdale 763-520-5200  
<https://northmemorial.com/specialty/mental-health/>

**United Hospital**, St. Paul 651-241-8000  
<https://account.allinahealth.org/services/793#locations>

**University of Minnesota; M Health Fairview**, Minneapolis 612-273-3000  
[www.mhealth.org](http://www.mhealth.org)

## Community Behavioral Health Hospitals

\*Accessed through Central Pre-Admissions 866-966-2337 Fax: 763-712-4119

**Alexandria** 320-335-6201  
1610 8th Avenue E  
Alexandria, MN 56308

**Annandale** 651-259-3850 Fax: 320-274-7019  
400 Annandale Boulevard  
Annandale, MN 55302

**Baxter** 218-316-3101  
14241 Grand Oaks Drive  
Baxter, MN 56425

**Bemidji** 218-308-2400  
800 Bemidji Avenue N, Suite 200  
Bemidji, MN 56601

**Fergus Falls**  
1801 W Alcott Avenue, Box 478  
Fergus Falls, MN 56538

218-332-5001

**Rochester**  
251 Wood Lake Drive SE  
Rochester, MN 55904

507-206-2561

<b>Mental Health Treatment</b>
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**Counseling & Psychiatric Services**

\*These Providers have multiple locations

**Allina Health-Cambridge Medical Center**  
701 S. Dellwood Street  
Cambridge, MN 55008  
<https://account.allinahealth.org/servicelines/826>

763-689-7700 (Hospital Mainline)  
866-603-0013 (Scheduling)

**Canvas Health\***  
North Branch  
5842 Old Main Street, #2  
North Branch, MN 55056  
<https://www.canvashealth.org/>

651-777-2222 (General Intake)  
651-401-3060

**Empower Recovery Services**  
645 3<sup>rd</sup> Avenue SW  
Pine City, MN 55063  
\*Does not require a substance use diagnosis for MH services  
<https://www.empowerrecoveryservices.org/>

320-629-0059

**Fairview Northland Medical Center**  
911 Northland Drive  
Princeton, MN 55371  
[www.fairview.org](http://www.fairview.org)

763-389-1313

**Family Based Therapy Associates\*** <https://fbta.biz/>

Cambridge	237 SW 2 <sup>nd</sup> Ave, Suite 117; Cambridge MN 55008	763-689-9407
Chisago City	11549 Lake Lane, Suite 2; Chisago City MN 55013	651-257-2733

**Intuitive Therapy & Consulting, LLC\***  
38878 12<sup>th</sup> Avenue  
North Branch, MN 55056  
<https://www.intuitivetherapyclinics.com/>

651-387-5312

**Legacy Counseling Services**  
820 Howe Avenue, #108  
Mora MN 55051  
<https://www.legacycounselingservices.org/>

320-679-2438

**Lighthouse Child & Family Services\***<https://lighthousecfs.com/>

320-983-2335

Milaca	160 3 <sup>rd</sup> Ave NW; Milaca MN 56353
Cambridge	340 Garfield St. So; Cambridge MN 55008
Princeton	101 18 <sup>th</sup> Ave N; Princeton MN 55371

**Love the Journey**

320-679-6964 Fax: 320-679-8183

23 Pine Street N  
Mora, MN 55051  
frontdesk@lovethejourneymn.com  
[www.lovethejourneymn.com](http://www.lovethejourneymn.com)

**Monarch Counseling Service**

218-372-3801

72351 Pine River Road  
Willow River, MN 55795  
<http://www.monarchcounselingservice.com/>

**Nystrom & Associates, LTD\***

763-325-0300

817 N Main Street NE  
Cambridge, MN 55008  
<https://www.nystromcounseling.com/>

**Recovering Hope**

844-314-4673 Fax: 651-323-2558

2031 Rowland Road  
Mora, MN 55051  
<https://recoveringhope.life/>

**River Counseling**

763-444-5567 Fax: 763-444-4991

711 6<sup>th</sup> Avenue NE  
Isanti, MN 55040  
\*Located inside the Flagship Bank Building  
<https://www.rivercounselingmn.com/>

**Therapeutic Services Agency\***

320-629-7600

Cambridge	1700 East Rum River Drive So, Suite B; Cambridge MN 55008
Coon Rapids	3915 Coon Rapids Blvd; Coon Rapids MN 55433 (outside of Region 7E)
Lindstrom	13265 Sylvan Ave; Lindstrom MN 55045 // <a href="https://www.hoperealized.com">https://www.hoperealized.com</a>
Pine City	750 Hillside Ave; Pine City MN 55063
Sandstone	707 Lundorff Drive, Suite 1; Sandstone MN 55072

## **Day Treatment**

\*These Providers have multiple locations

### **Allina Health-Cambridge Medical Center**

763-688-8208

701 S. Dellwood Street

Cambridge, MN 55008

Partial Hospitalization Program and Outpatient Day Treatment Programs available

### **Canvas Health\***

Central Intake: 651-777-5222

5842 Old Main St. Suites 2,3,&4

651-401-3060

North Branch, MN 55056

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

### **Lighthouse Child & Family Services\***

320-983-2335

160 3<sup>rd</sup> Avenue NW

Milaca, MN 56353

Adult DBT Skills group is offered at this location

<https://lighthousecfs.com/>

## **Intensive Residential Treatment Services (IRTS)**

*Please note these locations are not within the Region 7E counties, please consult your insurance provider prior to service.*

### **Anchor House**

612-529-2040

Serves individuals that identify as female

1319 Girard Ave. N.; Minneapolis, MN 55411

<https://www.peopleincorporated.org/program/intensive-residential-treatment-services-irts/>

### **Community Options Fridley**

763-572-0009 Fax: 763-537-7162

Serves both men and women

5384 NE 5th St.; Fridley, MN 55421

<https://www.rescare.com/residential-services/locations/minnesota>

### **Maghakian Place**

651-793-6333

Serves individuals across the gender spectrum

1100 Hancock Street; St. Paul, MN 55106

<https://www.peopleincorporated.org/program/intensive-residential-treatment-services-irts/>

### **Northside Residence**

612-230-0750

Serves individuals that identify as male; emphasizes treatment of opioid use disorder

1622 Hillside Ave. N.; Minneapolis, MN 55411

<https://www.peopleincorporated.org/program/intensive-residential-treatment-services-irts/>

### **ResCare Recovery Residence**

763-241-2513 Fax: 763-537-7162

Serves both men and women

633 Upland Avenue NW; Elk River, MN 55330

<https://www.rescare.com/residential-services/locations/minnesota>

**Riverwind Residence**

763-862-7944

Serves individuals across the gender spectrum  
 2708 119th Ave. NW.; Coon Rapids, MN 55433  
<https://www.peopleincorporated.org/program/intensive-residential-treatment-services-irts/>

**Touchstone Mental Health Lyric Lane**

612-314-1100 Fax: 612-314-1120

Serves both men and women  
 7590 Lyric Lane NE; Fridley, MN 55432  
<https://www.touchstonemh.org/wp-content/uploads/2017/11/Lyric-Lane-Info-sheet-Final.pdf>

**Willow Haven**

651-770-2224 Fax: 651-773-6501

Serves both men and women  
 3819 Laverne Ave.; Lake Elmo, MN 55042  
<https://www.thrivebehavioralnetwork.com/willow-haven>

**Chemical Dependency / Addiction****Al-Anon**

888-425-2666

[www.al-anon.org](http://www.al-anon.org)**Alano Club**[www.onlinealano.org](http://www.onlinealano.org) OR [www.alanoclubs.org](http://www.alanoclubs.org)**Alcoholics Anonymous (AA)**[www.aaminneapolis.org](http://www.aaminneapolis.org)**Alcohol & Drug Detoxification**

651-999-3537

Gateway Recovery Center LLC  
 6775 Cahill Ave.  
 Inver Grove Heights, MN 55076

Admissions: 833-DETOX-80

## Unity Hospital

763-236-3290 Fax: 763-236-4520

550 Osborne Road  
 Fridley, MN 55432

**Chemical Dependency Assessment** (please consult your insurance provider prior to services)

Pine (via Teen Focus)	320-358-4065
Chisago	651-213-5600 Fax: 651-213-5685
Isanti	763-689-1711 Fax: 763-689-9877
Mille Lacs	320-983-8208 Fax: 320-983-8306
Kanabec (via Recovering Hope OR Teen Focus)	
Recovering Hope	844-314-4673
Teen Focus	320-679-2003
Mille Lacs Band of Ojibwe	320-532-7773

**Gamblers Anonymous**

855-2CALLGA (855-222-5542)

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



**Narcotics Anonymous (NA)**

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

877-767-7676

**Chemical Dependency Outpatient Treatment**

\*These Providers have multiple locations

**Allina Health-Outpatient Addiction Services**

522 11th Ave. SW  
Cambridge, MN 55008

763-688-8221 Fax: 763-688-7870

**Canvas Health\***

5842 Old Main Street, Suite 2  
North Branch, MN 55056

651-777-5222 Fax: 651-674-2534

**Central Minnesota Mental Health Center**

1321 N 13<sup>th</sup> Street St. Cloud, MN 56303  
[www.cmmhc.org](http://www.cmmhc.org)

320-252-5010 Fax: 320-252-0908

**Effective Living Center, Inc.**

821 W Saint Germain Street; St. Cloud, MN 56301  
[www.effectivelivingcenter.com](http://www.effectivelivingcenter.com)

320-259-5381 Fax: 320-259-6171

**Empower Recovery Services**

645 3rd Avenue SW; Pine City, MN 55063  
<https://www.empowerrecoveryservices.org/>

320-629-0059 Fax: 320-629-9983

**Freedom Center\***

Same telephone number and fax number for all locations

Princeton	105 6th Ave; S Princeton, MN 55371
Milaca	140 2nd Ave; NE Milaca, MN 56353
Cambridge	133 2nd Ave; SW Cambridge, MN 55008
Onamia	102 Croiser Dr; Onamia, MN 56359

763-308-0006 Fax: 763-631-0339

**Mille Lacs Band of Ojibwe Addictions Services**

800-709-6445

**Recovering Hope**

2031 Rowland Road; Mora, MN 55051  
<https://recoveringhope.life/>

844-314-4673 Fax: 651-323-2558

**Recovery Plus**

713 Anderson Avenue St.; Cloud, MN 56303  
[www.centracare.com](http://www.centracare.com)

800-742-4357, 320-229-3760  
Fax 320-229-3763

**Sobriety First**

3333 W Division Street, Suite 210;1 St. Cloud, MN 56301  
<http://sobrietyfirstllc.com/>

320-251-0035 Fax: 320-251-0209

**Sobriety First LLC**

210 Central Ave. N, Suite 1  
Milaca, MN 56353

320-251-0035 Fax: 320-251-0209

**St. Cloud Metro Treatment Center (Methadone)**  
524 25th Avenue N St.; Cloud, MN 56303  
[www.methadonetreatment.com](http://www.methadonetreatment.com)

320-202-1909 Fax: 320-202-1910

**Teen Focus** <http://www.teenfocusrecoverycenterllc.com/>

475 S Dana Ave.; Rush City, MN 55069

320-358-4065 Fax: 320-358-4297

209 E Maple Ave.; PO Box 140 Mora, MN 55051

320-679-2003 Fax: 320-679-2058

## Community Services & Supports

\*\*\*Contact your local counseling agency or your case manager for support groups in your area\*\*\*

### Adult Mental Health Case Management

**Chisago County** [www.chisagocounty.us](http://www.chisagocounty.us)

651-213-5612, Fax:651-213-5686

*For additional case management services, please visit the above website or call 651-213-5200.*

**Isanti County** [www.co.isanti.mn.us](http://www.co.isanti.mn.us)

763-689-1711, Fax:763-689-9877

*For additional case management services, please visit the above website or call 763-689-1711.*

**Kanabec County** [www.kanabecounty.org](http://www.kanabecounty.org)

320-679-6350, Fax:320-679-6351

*For additional case management services, please visit the above website or call 320-679-6350.*

**Mille Lacs County** [www.millelacs.mn.gov](http://www.millelacs.mn.gov)

320-983-8208, Fax:320-983-8306

*For additional case management services, please visit the above website or call 888-270-8208.*

**Mille Lacs Band of Ojibwe** [www.millelacsband.com](http://www.millelacsband.com)

320-532-4163

*For additional case management services, please visit the above website or call:*

*Aanjibimaadizing-Urban Office*

866-746-4888, 612-746-4800 Fax: 612-870-3631

**Pine County** [www.co.pine.mn.us](http://www.co.pine.mn.us)

800-450-7463, 320-591-1400

*For additional case management services, please visit the above website or call 320-591-1570.*

\*If enrolled in a Minnesota Health Plan, you may be referred to another provider\*

**Nystrom & Associates, LTD.\***

763-325-0300

817 N Main Street NE; Cambridge, MN 55008

<https://www.nystromcounseling.com/>

**Volunteers of America**

952-945-4168

38 Union St. N.; Mora, MN 55051

**Mental Health Minnesota** [www.mentalhealthmn.org](http://www.mentalhealthmn.org)

800-862-1799, 651-493-6634

2233 University Ave. W.; Ste 200 St. Paul, MN 55114

**National Alliance on Mental Illness-Minnesota**

651-645-2948

1919 University Ave. W.; Suite 400 St. Paul, MN 55104

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

**Senior Linkage Line**

800-333-2433

**United Way First Call for Help**

211, 800-543-7709

## **Community Support Programs (CSP)**

**Isanti County** 763-689-1711

### **Chisago, Mille Lacs, & Pine Counties**

CSP services via Lighthouse Child & Family Services 320-983-2335

For more information please contact Carrie Reeves 320-983-8019

Email for intake to CSP: [Shelly@lighthouse.health](mailto:Shelly@lighthouse.health)

**Kanabec County** 320-679-6350

### **Adult Drop-in Centers**

Please call for updated locations.

No registration or fees to attend the Drop-in Centers.

### **Lighthouse Child & Family Services**

320-362-4343

<https://lighthousecfs.com/>

### **Local Advisory Councils (LACs)**

*Local Mental Health Advisory Councils (LACs) offer individuals, parents, and mental health service providers the opportunity to make a real difference in how mental health care is provided in the community. They offer county and state policy makers the wisdom of those who experience mental health concerns firsthand.*

Please navigate to [www.adultmentalhealth.org](http://www.adultmentalhealth.org) for updated information on county LAC meetings.

### **Personal Care Attendant (PCA)**

The list includes agencies that have offices within the region.

#### **For additional PCA service providers information contact:**

Senior LinkAge Line 800-333-2433, Disability Hub MN 866-333-2466, Veterans LinkAge Line 888-LINKVET (546-5838) or your county health and human services office.

**\*\*\*Contact your insurance company or county Public Health Department to access services\*\*\***

<b>All About Caring Home Care, Inc.</b>	320-358-0987
<b>All Families Homecare Inc</b>	651-955-1060
<b>Alliance Home Care Services</b>	651-399-4923
<b>B's Homecare</b>	763-689-8984
<b>Comfort At Home LLC</b>	651-270-1865
<b>Family Care Services</b>	320-629-4800
<b>Foundations Group of MN, Inc.</b>	651-408-1433
<b>Home Advantage Health Care LLC</b>	320-420-1118
<b>Joy-Us-Cares, Inc</b>	763-444-7318

<b>Mille Lacs Home Care</b>	320-532-4127
<b>North Country Home Care</b>	763-856-9956
<b>Select Home Care</b>	763-856-4237

### **Veteran's Services**

**Eagles Healing Nest** 320-351-6200  
310 Highway 71 N Unit 881 Sauk Centre, MN 56378

**Minnesota Department of Veterans Affairs**  
[www.mdva.state.mn.us](http://www.mdva.state.mn.us)

**St. Cloud VA Health Care System** 320-252-1670  
4801 Veterans Drive St.; Cloud, MN 56303  
[www.stcloud.va.gov](http://www.stcloud.va.gov)

**Veterans Linkage Line** 888-LINKVET (546-5838)

**Veterans Services**  
Chisago County 651-213-5605 Fax: 651-213-5701  
313 N Main Street; Room 230; Center City, MN 55012  
Isanti County 763-689-3591 Fax: 763-689-8307  
555 18th Ave SW Upper Level, Room 2118; Cambridge, MN 55008

Kanabec County 320-679-6380  
18 Vine Street North; Mora, MN 55051

Mille Lacs County 320-983-8208 Fax: 320-983-8306  
525 2nd Street SE; Milaca, MN 56353 888-270-8208

Mille Lacs Band of Ojibwe Tribal Veterans Services Office (TVSO) 320-532-7731  
43408 Oodena Dr.; Onamia, MN 56359-2236

Pine County 320-216-4250 Fax: 320-216-4254  
1602 Hwy 23 North, Sandstone, MN 55072 800-450-7463, Ext 4250

## Adult Rehabilitative Mental Health Services (ARMHS)

The following table is from the list of ARMHS Certified Providers published by the Minnesota Department of Human Services (DHS) on their website as of November 3, 2020. The list is periodically updated and can be found on the DHS website under ARMHS Providers: <https://mn.gov/dhs/>

Certified ARMS Providers	Chisago	Isanti	Kanabec	Mille Lacs	Pine
<b>A New Dawn Consulting, LLC</b> 763-227-7223 Fax: 651-317-6332 38780 8 <sup>th</sup> Ave. N.; North Branch, MN 55056 Email: <a href="mailto:anewdawn1@outlook.com">anewdawn1@outlook.com</a>	X	X			
<b>Applied Care Services Inc.</b> 612-205-5332 Fax: 612-435-0263 4710 White Bear Parkway, White Bear Lake, MN 55110 Email: <a href="mailto:info@appliedcareservices.com">info@appliedcareservices.com</a>	X				
<b>Family Innovations, Incorporated</b> <b>(Associated with Nystrom &amp; Associates, LTD)</b> 651-748-5019 Fax: 651-773-7591 2103 B County Road D, Maplewood, MN 55109	X				
<b>Family Support Services Inc.</b> 651-628-4993 Fax: 952-997-3026 Corrections Referral: 651-529-8680 7300 W 147 <sup>th</sup> St., Suite 204; Apple Valley, MN 55124	X	X	X	X	X
<b>Lighthouse Child &amp; Family Services, LLC</b> 320-983-8019 340 Garfield Street S., Cambridge, MN 55008 Email: <a href="mailto:carrie@lighthouse.health">carrie@lighthouse.health</a>	X	X	X	X	X
<b>Minnesota CarePartner</b> 612-289-5656 Fax: 651-925-0278 393 North Dunlap St., Suite 300; St. Paul, MN 55104		X			X
<b>Rise Incorporated</b> 320-656-5608 Fax: 320-656-5617 PO Box 336; 13265 Sylvan Ave; Lindstrom, MN 55045 Email: <a href="mailto:acarter@rise.org">acarter@rise.org</a>	X	X	X	X	X
<b>Safe Transitions</b> 218-878-1364 Fax: 218-878-2029 1501 Hwy 33 South; Cloquet, MN 55720	X	X		X	X

## Financial

### Energy Assistance

**Lakes and Pines Community Action Council**  
1700 Maple Avenue East, Mora, MN 55051  
lap@lakesandpines.org  
<https://www.lakesandpines.org/>

320-679-1800 or 1-800-832-6082  
Fax: 320-679-4139

#### **Salvation Army (HeatShare Program)**

Statewide Line: 1-800-842-7279

Chisago County	Washington/Chisago Office	651-739-6288
Isanti County	Cloquet Service Unit	218-879-1693
Kanabec County	Cloquet Service Unit	218-879-1693
Mille Lacs County	Grand Rapids Service Unit	888-301-0643
Pine County	Cloquet Service Unit	218-879-1693

### Medication & Prescriptions

**GoodRx** [www.goodrx.com](http://www.goodrx.com)

**Partnership for Prescription Assistance** [www.pparx.org](http://www.pparx.org)

888-477-2669

**Rx Assist Patient Assistance Program Center** [www.rxassist.org](http://www.rxassist.org)

**Rx Connect** [www.rxconnect.com](http://www.rxconnect.com)

615-330-8080 Fax: 770-904-6911

**Rx Outreach** [www.rxoutreach.org](http://www.rxoutreach.org)

800-769-3880

**Rx Hope** [www.rxhope.com](http://www.rxhope.com)

**Together Rx Access** [www.togetherrxaccess.com](http://www.togetherrxaccess.com)

### Other Information & Financial Resources

**Bridge to Benefits** <http://mn.bridgetobenefits.org/Home2>

**Children's Defense Fund Minnesota**  
555 Park Street, Suite 410; St. Paul, MN 55103  
[www.cdf-mn.org](http://www.cdf-mn.org)

651-227-6121 Fax: 651-227-2553

**Catholic Charities** (Kanabec, Isanti, Mille Lacs)  
911 18th St. N.; St Cloud, MN 56303  
[www.ccstcloud.org](http://www.ccstcloud.org)

800-830-8254, 320-650-1550  
Fax: 320-650-1528

**Catholic Charities of St. Paul and Minneapolis**  
1200 2<sup>nd</sup> Avenue S; Minneapolis, MN 55403  
[www.cctwincities.org](http://www.cctwincities.org)

612-204-8500

**Lutheran Social Service of Minnesota**  
2485 Como Avenue; St. Paul, MN 55108  
[www.lssmn.org](http://www.lssmn.org)

800-582-5260, 651-642-5990

**Minnesota Work Incentive Connection**

800-976-6728, 651-632-5113

**MNSure** [www.mnsure.org](http://www.mnsure.org)

855-3-MNSURE (855-366-7873)

**Public Utilities Commission** (phone lines)

800-657-3782

[www.mn.gov/puc/consumers](http://www.mn.gov/puc/consumers)

**Salvation Army** (heat & housing assistance)

<http://salvationarmynorth.org/programs-that-help/basic-needs/>

**The 30-Days Foundation** (ONLY TEXTS OR EMAILS)

952-334-9996

Email: [The30DaysFoundation@live.com](mailto:The30DaysFoundation@live.com)

8014 Olson Memorial Hwy; Ste195; Golden Valley, MN 55427

<https://www.the30-daysfoundation.org/>

**United Way**

2-1-1

**Lakes and Pines Community Action Council**

320-679-1800 or 1-800-832-6082

1700 Maple Avenue East; Mora, MN 55051

Fax: 320-679-4139

Email: [lap@lakesandpines.org](mailto:lap@lakesandpines.org)

<https://www.lakesandpines.org/>

**Social Security**

**Disability Specialists**

800-642-6393 or 218-666-2676 Fax: 218-666-3136

[www.disabilityspecialists.net](http://www.disabilityspecialists.net)

**Social Security Administration**

866-667-7481 Fax: 1-833-902-2692

332 Minnesota Street; St. Paul, MN 55101

[www.ssa.gov](http://www.ssa.gov)

**SSI/SSDI Outreach, Access and Recovery (SOAR)** <https://soarworks.prainc.com/states/minnesota>

**Lakes and Pines Community Action Council** 320-679-1800 or 1-800-832-6082 Fax:320-679-4139

1700 Maple Avenue East; Mora, MN 55051

Email: [lap@lakesandpines.org](mailto:lap@lakesandpines.org)

<https://www.lakesandpines.org/>

\*Offers SSI & SSDI application assistance for adults that qualify.

## Housing

The following providers offer assistance in locating and finding housing as well as opportunities for housing payment assistance. Please contact the provider directly for more detailed program information. Additional housing definitions can be found in the Glossary.

### Housing Assistance

#### **Lakes and Pines, Community Action Council**

<https://www.lakesandpines.org> Section 8, Coordinated Entry

800-832-6082, option 4

#### **Rise Inc.**

13265 Sylvan Avenue, P.O. Box 336

Lindstrom, Minnesota 55045

<https://rise.org/mental-health-and-housing>

651-257-2281, Fax: 651-257-3861

#### **Central Minnesota Housing Partnership, Inc.**

37 28<sup>th</sup> Avenue N.; Suite 102; St. Cloud, MN 56303

[www.cmhp.net](http://www.cmhp.net)

320-259-0393, 888-203-9301

Fax: 320-259-9590

#### **Mora Housing & Redevelopment Authority**

(Assistance and Housing, Section 8) [morahra.org/](http://morahra.org/)

320-679-4789

#### **Mille Lacs Band of Ojibwe Housing Authority**

FOR HOUSING EMERGENCIES

866-822-8538 (Press 1, 2 or 3 for respective districts)

<http://www.millelacsband.com/services/housing>

320-532-7409

#### **Senior LinkAge Line**

Central Minnesota Senior Housing and Services Guide <http://www.cmcoa.org>.

800-333-2433

#### **East Central MN Habitat for Humanity** [www.ecmhabitat.com](http://www.ecmhabitat.com)

763-689-0288

#### **Chisago County HRA-EDA** <https://www.chisagocounty.org/>

651-674-5664

#### **Adult Foster Care** (contact your County social service agency)

For current licensing information please visit <https://licensinglookup.dhs.state.mn.us/> and select Adult Foster Care under license type.

#### **Housing Link** (Affordable housing search resource) [www.housinglink.org](http://www.housinglink.org)

612-522-2500

#### **Minnesota Homeownership Center** [www.hocmn.org](http://www.hocmn.org)

866-462-6466

#### **US Department of Housing and Urban Development** (Low-rent apartment search)

<https://www.hud.gov>



## Housing with Supports

### **Salvation Army – Central Minnesota Program**

400 Highway 10 S St. Cloud, MN 56304

<http://salvationarmynorth.org>

320-252-4552

### **Willow Grove**

38485 14th Avenue, North Branch, Minnesota 55056

651-243-5205, Fax:651-243-5122

### **New Pathways, Inc.**

Supportive Housing Program

763-691-1899

### **Safe Transitions**

Locations serving Pine, Isanti, Chisago, & Mille Lacs Co.

218-389-3291, Fax:218-389-9851

## Board and Lodges

Housing for five or more people who may have individual or shared bedrooms, depending on the facility. Other spaces, such as living rooms, dining rooms, or cafeterias, are shared. Board and Lodge is licensed by the Minnesota Department of Health (MDH). Learn more about Board and Lodge: <https://mn.hb101.org/a/2/>

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Fax</b>
<b>Alternative Homes of Minneapolis</b>	2446 Portland Ave Minneapolis, MN 55404	612-874-6321	612-813-1331
<b>Anishinabe Wakiagun LTD</b>	1600 East 19 <sup>th</sup> St Minneapolis, MN 55404	612-871-2883 Main 612-813-1610	612-871-0803
<b>Bristol Place</b>	412 Ridgewood Ave Minneapolis, MN 55403	612-871-0805	612-871-0455
<b>Catalina Care with Special Services</b>	129 Wilson Ave SE St Cloud, MN 56304	320-259-0586	320-251-0883
<b>Catalina Care with Special Services</b>	305 2 <sup>nd</sup> Ave S Sauk Rapids, MN 56379	320-654-8452	320-240-9067
<b>Cummings Care Center</b>	213 2 <sup>nd</sup> Ave N Sauk Rapids, MN 56379	320-251-3447	320-258-3635
<b>Deputat Board and Lodge</b>	2304 Pillsbury Ave S. Minneapolis MN 55404	612-871-1728	612-871-5336
<b>Elliot Park Lodge</b>	1826 Portland Ave Minneapolis, MN 55404	(612) 871-3327	(612) 979-2611
<b>Hati House</b>	1558 E 80 <sup>th</sup> St. Bloomington, MN 55425	952-854-0023	952-854-0991

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Fax</b>
<b>Lange Board &amp; Rooming Home</b>	13892 37 <sup>th</sup> St. Clear Lake, MN 55319 <a href="http://www.langeboardandroom.com">http://www.langeboardandroom.com</a>	763) 662-2836	763-662-2317
<b>Murphy's Board and Care Home</b>	1101 3 <sup>rd</sup> St N. St Cloud, MN 56303	320) 251-6567	
<b>Medallion Manor</b>	2444 Pillsbury Ave S. Minneapolis, MN 55404	612-874-0207	612-813-1331
<b>Mission Lodge</b>	3409 E Medicine Lake Blvd Plymouth, MN 55441	(763) 559-4249 Intake (612) 879-3560	(763) 559-4621
<b>Norpol Residence</b>	1921 1 <sup>st</sup> Ave S Minneapolis, MN 55403	(612) 872-1444	(612) 253-0606
<b>Nouis Board &amp; Lodging</b>	308 First St SE Little Falls, MN 56345	(320) 632-3868	(888) 470-8177
<b>Pursuit Homotel</b>	1918 Park Ave Minneapolis, MN 55404	(612) 874-0332	
<b>St. Elizabeth Board and Lodge</b>	306 N 15 <sup>th</sup> Ave St Cloud, MN 56301 <a href="http://ccstcloud.org">http://ccstcloud.org</a>	(320) 252-8350	(218) 252-8350
<b>Smith Lodge</b>	3409 E Medicine Lake Blvd Minneapolis, MN 55441	(763) 550-9802	(763) 550-0095
<b>Stevens House</b>	1928 Stevens Ave S Minneapolis, MN 55403	(612) 872-9035	(612) 879-8462
<b>Stillwater Residence</b>	220 W Olive St Stillwater, MN 55082	(651) 439-1601	(651) 439-1625
<b>Sunset Ridge</b>	PO Box 705; 4986 County Rd 6 NW Annandale, MN 55302	(320) 274-8060	(218) 274-3123
<b>Washington Place LLC</b>	820 8 <sup>th</sup> Avenue S St. Cloud, MN 56301	320-203-1707	
<b>Whittier Place</b>	2405 1 <sup>st</sup> Ave S Minneapolis, MN 55404	(612) 872-1926	(612) 870-4064

## Emergency Shelters

### **Alexandra House**

10065 3rd St NE, Blaine, MN 55434

For information on support group services visit: <https://www.alexandrahouse.org/our-services/support-groups/>

763-780-2330

### **A Place for You** <http://www.apfy.org>

220 3rd Ave. SE; Pine city, MN 55063

320-438-7070

### **Family Pathways**

**Black Dog Hill (*Shelter Domestic Abuse Victims*)**

763-629-3532 or 800-338-7233

**(Formerly) The Refuge Network**

800-338-7233

Chisago (offers a domestic violence shelter), Isanti, Kanabec, Pine

<https://www.familypathways.org>

### **Mille Lacs Band Ojibwe-Women's Shelter**

320-630-2499

### **New Pathways** <http://newpathwaysmn.com>

310 Ashland Street South; Cambridge, MN 55008

763-691-0121

### **Place of Hope Ministries; St. Cloud, MN** [www.placeofhopeministries.org](http://www.placeofhopeministries.org)

320-203-7881

### **Salvation Army** <http://salvationarmynorth.org>

400 Highway 10 S; St. Cloud, MN 56304

320-252-4552 Fax: 320-252-1424

## Crisis Beds

Crisis Beds are typically available for 1-10 days and are geared towards individuals with a mental health crisis. Currently there are no Crisis Beds within Region 7E. Contact your local County Family Services / Behavioral Health Services office for more information.

### **Riverwind Crisis Residence**

Coon Rapids

763-862-7944

### **Nancy Page Crisis Residence**

Minneapolis

612-870-3787

### **Diane Ahrens Crisis Residence**

St. Paul, Ramsey County

651-645-9424

## Transitional Housing

**Rise, Inc.** [www.rise.org](http://www.rise.org)  
PO Box 336; 13265 Sylvan Avenue; Lindstrom, MN 55045

651-257-2281 Fax: 651-257-3861

**A Place for You**  
220 3rd Ave. SE, Pine City, MN 55063  
<http://www.apfy.org>.

320-438-7070

**Catholic Charities of St. Cloud, MN**  
*Property and Transitional Housing*  
157 Roosevelt Road, Suite 200; St. Cloud MN 56301  
[www.ccstcloud.org](http://www.ccstcloud.org)

320-259-9270 or 320-229-4576 or 800-830-8254

**Salvation Army – Central Minnesota Program**  
400 Highway 10 S; St. Cloud, MN 56304

<http://salvationarmynorth.org> 320-252-4552

## **Vocational / Employment**

**CareerForce Center** (formerly WorkForce Center)  
140 Buchanan Street North, Suite 152; Cambridge, MN 55008  
Email: [careerforce.cambridge@state.mn.us](mailto:careerforce.cambridge@state.mn.us)  
<https://www.careerforcemn.com/cambridge>

763-279-4492

\*Vocational Rehabilitation Services are also offered at this location. The telephone number is the same but the email for vocational services is: [VRS.CustomerService@state.mn.us](mailto:VRS.CustomerService@state.mn.us)

**CareerForce Center** (formerly WorkForce Center)  
903 Forest Avenue East; Mora, MN 55051  
Email: [careerforce.mora@state.mn.us](mailto:careerforce.mora@state.mn.us)  
<https://www.careerforcemn.com/mora>

320-679-6484

**Vocational Rehabilitation Services Deaf and Hard of Hearing**  
540 Fairview Ave. N, Ste 103; St. Paul, MN 55104  
Email: [VRS.CustomerService@state.mn.us](mailto:VRS.CustomerService@state.mn.us)  
<https://www.careerforcemn.com/VRS-Deaf-Hard-of-Hearing>

651-539-4140

**Industries Inc.-A division of PHASE**  
*Headquarters Location:* 500 S. Walnut Street; Mora, MN 55051  
*Satellite Location:* 601 S. Cleveland St.; Cambridge, MN 55008  
Email: [jspicer@industriesinc.org](mailto:jspicer@industriesinc.org)  
[http://industriesinc.org/programs & services.html](http://industriesinc.org/programs_&_services.html)

320-679-2354 Fax: 320-679-2355  
763-689-5434 Fax: 763-552-1281

**Rise**  
PO Box 336; 13265 Sylvan Avenue, Lindstrom, MN 55045  
[www.rise.org](http://www.rise.org)

651-257-2281 Fax: 651-257-3861

## Transportation

Be advised: Heartland Bus and Heartland Express are anticipated to be replaced with a new provider in February 2021.

For an updated list of transportation providers within Region 7E, please navigate to this website:  
<http://www.ecrdc.org/regional-transit-coordination-council/>

### **Chisago County**

Attaboy's Taxi 320-245-5355  
606 MN 123 Ste E.; Sandstone, MN 55072

C&C Taxi Inc. 612-723-5766  
22709 Danube St. NE; Stacy, MN 55079

County Chauffeurs 651-257-4876  
280 Andrews Ave, #338; Center City, MN 55012  
<https://quality-mobility-equipmentcounty.business.site/>

Heartland Bus 651-213-5790  
245 2nd Ave SE; Cambridge, MN 55008  
<https://www.rideyourbus.com/>

Heartland Express 651-213-5790  
245 2nd Ave SE; Cambridge, MN 55008  
<https://www.chisagocounty.us/301/Public-Transit---Heartland-Express>

Lee's Limousine 651-462-5466  
26237 Forest Blvd; Wyoming, MN 55092  
[https://www.facebook.com/LeesLimousine/?ref=br\\_rs](https://www.facebook.com/LeesLimousine/?ref=br_rs)

North Branch Cab 651-674-7979  
6356 Elm St.; North Branch, MN 55056

North Country Cab 320-629-1441  
PO Box 52; Rush City, MN 55069

### **Isanti County**

Attaboy's Taxi 320-245-5355  
606 MN 123 Ste E.; Sandstone, MN 55072

Brad's Taxi East Central Transportation 763-302-9245  
1698 301st NE, Isanti, MN 55040  
<https://www.facebook.com/pg/East-Central-Transportation-Brads-Cab-1132080666806113/about/>

Cambridge Cab Inc. 763-552-8294  
1103 Blossom Blvd NW; Isanti, MN 55040  
<http://cambridge-cab.com/>

Cambridge Transportation 2900 Clinton Ave; Minneapolis, MN 55408 <a href="mailto:info@cambridgetransportation.com">info@cambridgetransportation.com</a>	651-340-7571
Heartland Bus 245 2nd Ave SE; Cambridge, MN 55008 <a href="https://www.rideyourbus.com/">https://www.rideyourbus.com/</a>	651-213-5790
Heartland Express 245 2nd Ave SE, Cambridge, MN 55008 <a href="https://www.chisagocounty.us/301/Public-Transit---Heartland-Express">https://www.chisagocounty.us/301/Public-Transit---Heartland-Express</a>	651-213-5790
<b><u>Kanabec County</u></b>	
Attaboy's Taxi 606 MN 123 Ste E.; Sandstone, MN 55072	320-245-5355
Kuehn's Limousine 1376 155th Ave; Ogilvie, MN 56358	320-272-4358
Timber Trails 905 Forest Ave E, Ste 127; Mora, MN 55051 <a href="https://timbertrailstransit.com/">https://timbertrailstransit.com/</a>	888-217-5222
TRY 1700 E Maple Ave; Mora, MN 55051 <a href="mailto:try.transportation@gmail.com">try.transportation@gmail.com</a>	320-438-9331
<b><u>Mille Lacs County</u></b>	
Attaboy's Taxi 606 MN 123 Ste E.; Sandstone, MN 55072	320-245-5355
Brainerd Crow Wing Transit 501 Laurel St.; Brainerd, MN 56401 <a href="https://www.ci.brainerd.mn.us/195/Transit">https://www.ci.brainerd.mn.us/195/Transit</a>	866-925-7433
Great River Area Faith in Action 13074 Edgewood St SE; Becker, MN 55308 <a href="https://www.grfia.org/transportation/">https://www.grfia.org/transportation/</a>	763-263-0274
Kuehn's Limousine 1376 155th Ave; Ogilvie, MN 56358	320-272-4358
LJ's Handi-Van 15001 309th Ave NW; Princeton, MN 55371 Email: <a href="mailto:jwiedewitsch@gmail.com">jwiedewitsch@gmail.com</a>	763-389-9440
Loving Hands Transportation 26407 136th St NW; Zimmerman, MN 55398	763-607-8700 <a href="https://www.lovinghandstransportation.com/">https://www.lovinghandstransportation.com/</a>

Princeton Cab 1103 Blossom Blvd NW; Isanti, MN 55040 <a href="https://www.cambridge-cab.com/">https://www.cambridge-cab.com/</a>	763-438-6169
Schu-Tran 325 Glen St.; Foley, MN 56329 Email: <a href="mailto:schutran@gmail.com">schutran@gmail.com</a>	320-968-7478
Select Transportation 12631 Fremont Ave, Ste 3; Zimmerman, MN 55398 <a href="https://www.facebook.com/KenGreen2016/">https://www.facebook.com/KenGreen2016/</a>	763-267-5999
Sherburne Volunteer Driver Program 13880 Business Center Dr NW, Ste 100; Elk River, MN 55330 <a href="https://www.co.sherburne.mn.us/996/Transportation-Program">https://www.co.sherburne.mn.us/996/Transportation-Program</a>	763-765-3100
Sue's Bus Service 1686 Church Ave; Bock, MN 56313	320-556-3482
Tri-CAP 1210 23rd Ave S.; Waite Park, MN 56387 <a href="https://tricap.org/transportation/">https://tricap.org/transportation/</a>	320-251-1612
<b><u>Pine County</u></b>	
Arrowhead Transit 702 3rd Ave S.; Virginia, MN 55792	800-862-0175
Attaboy's Taxi 606 MN 123 Ste E.; Sandstone, MN 55072	320-245-5355
Empower Recovery Services 645 3rd Ave SW; Pine City, MN 55063 Email: <a href="mailto:empowerrecoveryservices@gmail.com">empowerrecoveryservices@gmail.com</a> <a href="https://www.empowerrecoveryservices.org/">https://www.empowerrecoveryservices.org/</a>	320-629-0059
Health East Medical Transportation 799 Reaney Ave; Saint Paul, MN 55106 <a href="https://www.fairview.org/services/medical-transportation">https://www.fairview.org/services/medical-transportation</a>	651-232-1717
Lifts: Lee Isaacson's Friendly Transportation Service 730 Main St S; Pine City, MN 55063 Email: <a href="mailto:info@liftstransportation.com">info@liftstransportation.com</a>	888-469-7433
*For a complete list of additional transportation providers in Region 7E, please visit <a href="http://www.ecrdc.org/wp-content/uploads-2020-10-region-7e-transportation-provider-directory-pdf/">http://www.ecrdc.org/wp-content/uploads-2020-10-region-7e-transportation-provider-directory-pdf/</a>	
<b>CHR-Mille Lacs Band of Ojibwe</b>	320-532-7815
<b>Health Partners Transportation Services</b>	888-288-1439
<b>Medica Provide a Ride</b>	800-601-1805

<b>Medical Assistance Member Help Desk</b>	800- 657-3739
<b>Medical Assistance Provider Call Center</b>	800- 366-5411
<b>Minnesota Care Member Help Desk</b>	800- 657-3672
<b>NEMT</b> (non-emergency medical transportation) <a href="http://www.mtm-inc.net">www.mtm-inc.net</a>	866-467-1724
<b>U-Care Health Ride</b>	800-864-2157

## Additional Resources

### Abuse / Assault

<b>Alexandra House</b> 10065 3rd St NE; Blaine, MN 55434 For information on support group services visit: <a href="https://www.alexandrahouse.org/our-services/support-groups/">https://www.alexandrahouse.org/our-services/support-groups/</a>	763-780-2330
<b>Mille Lacs Band of Ojibwe-Women’s Shelter</b>	320-495-3514
<b>Mille Lacs Band of Ojibwe-Sexual Assault Advocate</b>	320-362-4995
<b>Mille Lacs Band of Ojibwe 24/7 Crisis Line</b>	866-867-4006
<b>Minnesota Day One Crisis Hotline</b>	Phone support:1-866-223-1111 Text support: 612-399-9995
<b>Family Pathways</b> <b>Black Dog Hill (<i>Shelter Domestic Abuse Victims</i>)</b> <b>(Formerly) The Refuge Network</b> Chisago (offers a domestic violence shelter) <a href="https://www.familypathways.org">https://www.familypathways.org</a>	763-629-3532 or 800-338-7233 800-338-7233

For a comprehensive list of resources available for victims of crime, please visit:  
<https://dps.mn.gov/divisions/ojp/help-for-crime-victims/Pages/resource-list-victims.aspx>

### Advocacy & Legal Aid

<b>Central Minnesota Legal Services</b> Serves individuals in Chisago, Isanti, & Mille Lacs Co. 110 6 <sup>th</sup> Avenue S., Suite 205; St. Cloud, MN 56301 <a href="http://www.centralmnlegal.org">www.centralmnlegal.org</a>	800-622-7773, 320-253-0138  Fax: 320-253-5794
<b>Family Pathways, formerly The Refuge Network</b> Legal Aid services are available in Kanabec, Isanti, & Chisago Counties 214 Railroad Ave. NW; Mora, MN 55051	800-338-7233 (SAFE), 320-679-1737



**Legal Aid Service of Northeastern Minnesota**

Serves individuals in Pine & Kanabec Counties

Pine City Location  
1015 Hillside Ave. SW, Suite 4  
Pine City, MN 55063

800-933-1112, 320-629-7166  
Fax: 320-629-0185

**Self-Advocates Minnesota (SAM)**

Contact for Central Region

<https://www.selfadvocacy.org/act-programs/self-advocates-minnesota-sam/>

651-641-0297

**Minnesota Department of Human Services**

Equal Opportunity and Access Division  
P.O. Box 64997, St. Paul, MN 55164

651-431-3040

**Minnesota Department of Human Rights**

Freeman Building, 625 North Robert Street  
St. Paul, MN 55155

800-657-3704, 651-539-1100

**Mid-Minnesota Legal Assistance**

430 1<sup>st</sup> Avenue N Suite 300 Minneapolis, MN 55401  
[www.mndlc.org](http://www.mndlc.org)

800-292-4150 Fax: 612-334-5755

**Neighborhood Justice Center**

500 Laurel Avenue St. Paul, MN 55102  
[www.njcinc.org](http://www.njcinc.org)

651-222-4703

**State Ombudsman**

Mental Health & Developmental Disability  
[www.mn.gov/omhdd/](http://www.mn.gov/omhdd/)

651-757-1800

**Dental**

\* Prior to Services Contact Your Insurance to Locate a Provider in Your Network \*

**BlueCross BlueShield Mobile Dental Unit**

<https://www.bluecrossmn.com/shop-plans/minnesota-health-care-programs/mobile-dental-unit>

**Dental Associates of St. Paul**

1790 7<sup>th</sup> Street E St. Paul, MN 55119  
[www.dentalassociatesmn.com](http://www.dentalassociatesmn.com)

651-735-0595

**Dr Stephen Marquard**

8960 Springbrook Dr NW, Ste 150  
Coon Rapids, MN

763-784-7570

**Dr Samy Boulos**

97 85th Ave NW  
Coon Rapids MN

763-225-8448

**Dr Brenda Junnila**

140 2nd St SE  
Milaca, MN

320-983-2455

<b>Dr Robert Keck</b> *Oral Surgery 106 S Rum River Dr Princeton, MN	320-252-3611
<b>Bayview Dental</b> 420 Grand Ave Center City, MN 55012	651-257-1140
<b>Wyoming Family Dental</b> 5305 East Viking Blvd Wyoming, MN 55092	651-462-5150
<b>Dr. Gordon Fredeen</b> 410 Dual Blvd. E. P.O. Box 310 Isanti, MN 55040	763-444-5541
<b>Health Source Dental Clinic</b> Dr. Carla Heino & Dr. Keira Nicholson 1425 E Rum River Dr. S. Cambridge, MN 55008	763-689-7306
<b>Dr. Reny Chacko</b> 547 S Union St. Mora, MN 55051	320-679-2147
<b>Haasken Dental Office</b> 130 E Forest Ave. Mora, MN 55051	320-679-1010
<b>Dr. Michael Doty</b> 140 2nd St. SE. Milaca, MN 56353	320-983-2455
<b>Dr. Preeti Gupta</b> NE IA SHING Clinic 18562 Minobimaadizi Loop Onamia, MN 56359	320-532-4163
<b>Dr. Daniel Reardon</b> NE IA SHING Clinic 43500 Migizi Dr. Onamia, MN 56359	320-532-4163
<b>University of Minnesota School of Dentistry</b> Moos Tower, 515 Delaware Street SE Minneapolis, MN 55455 <a href="http://www.dentistry.umn.edu">www.dentistry.umn.edu</a>	612-625-2495

## Interpreters / Cultural Competence

**Language Line** 800-752-0696

**Minnesota Relay** 7-1-1  
(Telecommunications Relay Services (TRS) for deaf, deafblind, hard of hearing or speech disabled individuals)

### Nutrition

#### **Supplemental Nutrition Assistance Program (SNAP)**

Contact your county if you need help applying or if you have problems with your benefits.

#### **Chisago County**

Chisago County Center City Office 651-213-5600  
North Branch Office 651-213-5200

**Isanti County** 763-689-1711

**Kanabec County** 320-679-6350

**Mille Lacs County** 320-983-8208

**Mille Lacs Band of Ojibwe** 866-746-4888, 612-746-4800 Fax: 612-870-3631  
*Aanjbimaadizing-Urban Office*

**Pine County** 800-450-7463 ext. 1570 or 4100

#### **SNAP Hotlines**

Twin Cities Metro Area: 651-431-4050  
Outside Metro Area: 800-657-3698

#### **Family Pathways**

Call for your first monthly appointment: 651-674-8040

Pine Community Food Shelf	320-629-0128
Cambridge Food Shelf	763-552-3663
North Branch Food Shelf	651-674-8313
Sandstone Food Shelf	320-245-2485
Chisago Lakes Area Food Shelf	651-257-1308
Onamia Food Shelf	320-532-7665

**Family Pathways Mobile Food Truck** 763-552-3663

**Isanti Co. Food Pantry** 763-689-1107

**Milaca Area Pantry** 320-982-3773

**Angels of Hope Food Shelf** 320-336-9191

**Braham Area Food Shelf** 320-396-3377

**Mora Food Pantry** 320-679-5513

**Kanabec County Food Pantry** 320-679-5513

**Fare For All** Find local site here: <https://fareforall.org/find-a-site/>

**Second Harvest Heartland SNAP** 651-387-1606

\*For assistance with SNAP application, call: 320-650-1550 OR 800-830-8254

**Catholic Charities Senior Nutrition Programs**

<http://ccstcloud.org/seniordining>

320-650-1550 or 800-830-8254

**Lakes and Pines Community Action Council-SNAP Benefits**

1700 Maple Avenue East, Mora, MN 55051

Email: [snap@lakesandpines.org](mailto:snap@lakesandpines.org)

<https://www.lakesandpines.org/>

320-679-1800 or 1-800-832-6082

Option 4; Fax: 320-679-4139

**Find Your Local Food Bank at** <http://www.feedingamerica.org/>

## Websites

<b>ADHD Resources &amp; Info</b>	<a href="http://www.adhdoutloud.com">www.adhdoutloud.com</a>
<b>The Arc</b> (Intellectual and developmental disabilities advocacy)	<a href="http://thearcofminnesota.org/">http://thearcofminnesota.org/</a>
<b>Big Give MN</b>	<a href="http://www.biggivemn.org">www.biggivemn.org</a>
<b>Bipolar Disorder Information</b>	<a href="http://www.healthline.com/health/bipolar-disorder">www.healthline.com/health/bipolar-disorder</a>
<b>Brain Injury Alliance</b>	<a href="http://www.braininjurymn.org">www.braininjurymn.org</a>
<b>Department of Human Services</b>	<a href="http://www.mn.gov/dhs">www.mn.gov/dhs</a>
<b>Disability Resources</b>	<a href="http://www.disability.gov">www.disability.gov</a>
<b>Disability Benefits 101</b>	<a href="http://www.db101.org">www.db101.org</a>
<b>Doctor on Demand</b>	<a href="http://www.doctorondemand.com">www.doctorondemand.com</a>
<b>Fast-Tracker – Your link to MN Resources</b>	<a href="http://www.fast-trackermn.org">www.fast-trackermn.org</a>
<b>Help for Depression</b>	<a href="http://www.helpfordepression.com">www.helpfordepression.com</a>
<b>Housing Link</b>	<a href="http://www.housinglink.org">www.housinglink.org</a>
<b>Legal Services – Online</b>	<a href="http://www.mnlegalservices.org">www.mnlegalservices.org</a>
<b>Mental Health America</b>	<a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a>
<b>Mental Health Association of Minnesota</b>	<a href="http://www.mentalhealthmn.org">www.mentalhealthmn.org</a>
<b>Mental Health Consumer/Survivor Network</b>	<a href="http://www.mhcsn.org">www.mhcsn.org</a>
<b>Minnesota Help.info</b>	<a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a>
<b>Minnesota Military Family Foundation</b>	<a href="http://www.minnesotamilitaryfamilyfoundation.org">www.minnesotamilitaryfamilyfoundation.org</a>
<b>Minn. State Advisory Council on Mental Health</b>	<a href="http://www.mentalhealthcouncilsmn.com">www.mentalhealthcouncilsmn.com</a>
<b>National Alliance on Mental Illness</b>	<a href="http://www.namihelps.org">www.namihelps.org</a>
<b>National Coalition for Mental Health Recovery</b>	<a href="http://www.ncmhr.org">www.ncmhr.org</a>
<b>National Council</b>	<a href="http://www.thenationalcouncil.org">www.thenationalcouncil.org</a>
<b>National Mental Health Information Center</b>	<a href="http://www.mentalhealth.samhsa.gov">www.mentalhealth.samhsa.gov</a>
<b>Office of the Ombudsman for Mental Health and Developmental Disabilities</b>	<a href="http://www.ombudmhdd.state.mn.us">www.ombudmhdd.state.mn.us</a>
<b>Resource Center to Promote Acceptance, Dignity and Social Inclusion</b>	<a href="http://www.stopstigma.samhsa.gov">www.stopstigma.samhsa.gov</a>
<b>Ruby’s Pantry</b> (Rural Foodbank, see website for locations)	<a href="http://www.rubyspantry.org">www.rubyspantry.org</a>
<b>Social Security Online</b>	<a href="http://www.ssa.gov">www.ssa.gov</a>
<b>Substance Abuse and Mental Health Services Administration</b>	<a href="http://www.samhsa.gov">www.samhsa.gov</a>
<b>Suicide Awareness Voices of Education</b>	<a href="http://www.save.org">www.save.org</a>
<b>Ticket to Work</b>	<a href="http://www.yourtickettowork.com">www.yourtickettowork.com</a>
<b>Work Incentives Connection</b>	<a href="http://www.mnworkincentives.com">www.mnworkincentives.com</a>
<b>WRAP and Recovery Books</b>	<a href="http://www.mentalhealthrecovery.com">www.mentalhealthrecovery.com</a>

## Glossary

**Advanced Psychiatric Directive:** A written tool used to make mental health care decisions when an individual is unable to do so because of incapacity.

**Adult Foster Care:** Licensed, sheltered living arrangement for up to four functionally impaired adults in a family - like environment. Adult foster care is available to persons age 18 years or older. Adult foster homes provide food, lodging, protection, supervision, and household services. They may also provide living skills assistance or training, medication assistance and assistance safeguarding cash resources.

**Adult Rehabilitative Mental Health Services (ARMHS):** also known as the “MA Rehab Option” and Adult Mental Health Crisis Response Services are Medical Assistance (MA) State Plan Mental Health Services.

**Assertive Community Treatment (ACT):** An intensive, non-residential rehabilitative mental health service that is an identified evidence-based practice. ACT services are provided by multidisciplinary staff using a team approach and directed to adults with a serious mental illness who require intensive services.

**Assessment:** Process of identifying: a) a person's strengths, preferences, functional skills and need for support and services; b) the extent to which natural supports are able to meet the person's need for support and services; and c) the extent to which human services agencies and providers are able to provide or develop needed support or services.

**Board and Lodge:** Housing for five or more people who may have individual or shared bedrooms, depending on the facility. Other spaces, such as living rooms, dining rooms, or cafeterias, are shared. Board and Lodge is licensed by the Minnesota Department of Health (MDH). Learn more about Board and Lodge

**Brain Injury (BI) Waiver:** Home and community - based services necessary as an alternative to institutionalization that promote the optimal health, independence, safety and integration of an eligible person and who would otherwise require the level of care provided in a specialized nursing facility or neurobehavioral hospital.

**Case Manager:** An individual who organizes and coordinates services and supports for adults with mental health concerns.

**Case Management Services:** Includes a functional assessment, individual community support plan, referral, and assistance in getting needed mental health and other services, coordination of services and monitoring of the delivery of services.

**Community Access for Disability Inclusion (CADI) Waiver:** Home and community-based services necessary as an alternative to institutionalization that promote the optimal health, independence, safety, and integration of a person who would otherwise require the level of care provided in a nursing facility.

**Community Support Plan:** Person-centered plan that reflects a person’s needs and preferences.

**Community Support Program (CSP):** Services designed to help adults with serious and persistent mental illness to function and remain in the community. These services may include medication monitoring, assistance in independent living skills, crisis, psychological rehabilitation, and help in applying for government benefits.

**Coordinated Entry:** A centralized or coordinated process designed to coordinate program participant intake, assessment, and provision of referrals.

**Counselor/Therapist:** A professional who helps with personal, social, or psychological problems.

**Crisis Services:** Provides specific short-term care and intervention strategies to a person due to the need for relief and support. This includes addressing both medical and behavioral needs.

**Crisis Beds:** Typically available for 1-10 days and are geared toward individuals with a mental health crisis.

**Day Treatment:** A short-term structured program consisting of group psychotherapy and other intensive therapeutic services provided by a multidisciplinary team. Day treatment services are provided to stabilize a recipient's mental health status while developing and improving his/her independent living and socialization skills. The goal of day treatment is to reduce or relieve the effects of mental illness and provide training to enable the recipient to live in the community.

**Diagnosis (Dx):** The identification of a disease or problem from signs and symptoms.

**Disability:** Inability to engage in substantial gainful activity by reason of any medically determined physical or mental impairment that can be expected to last for a continuous period of not less than 12 months.

**Emergency Shelter:** An emergency shelter is a place for people to live temporarily when they cannot live in their previous residence, similar to homeless shelters.

**Evidence-Based Practices:** Interventions which have consistent scientific evidence showing that they improve client outcomes.

**Federal Poverty Guidelines (FPG):** Index of poverty in the United States that is updated annually; the measure forms the basis of eligibility for numerous programs.

**Fee-For-Service (FFS):** Payment to a provider for the provision of services on a service-by-service basis.

**General Assistance Medical Care (GAMC):** A state-funded program that covers low income individuals who qualify for MA but are not categorically eligible for MA benefits (that is, they are not elderly, not disabled, not parents of minor children, not under age 21).

**Health Maintenance Organization (HMO):** Organization that provides an agreed-upon set of basic and supplemental health maintenance and treatment services to an enrolled group of persons in a particular geographic area.

**Housing with Supports:** A state-funded income supplement program that pays for room-and-board costs for low-income adults who have been placed in a licensed or registered setting with which a county human service agency has negotiated a monthly rate.

**Independent Living Skills (ILS):** Services that develop and maintain the community living skills and community integration of a person. ILS is provided in the home of a person or in the community.

**Independent Living:** Housing designed for seniors 55 and older. Independent senior living communities commonly provide apartments, but some also offer cottages, condominiums, and single-family homes.

**Intensive Residential Treatment Services (IRTS):** A short-term (90-day max), service provided in a 24 hour, 7 day a week residential setting to individuals who are in need of a more restrictive setting and are at risk of significant functional deterioration. Services are designed to develop and enhance psychiatric stability, personal and emotional adjustment, self-sufficiency, and skills to live in a more independent setting.

**Intermediate Care Facilities: For Persons with Developmental Disabilities (ICF/DDs):** Residential long-term care facilities that provide services to people with developmental disabilities or related conditions. Long-term care facilities are licensed by the Minnesota Department of Health (MDH) and most are certified to accept Medical Assistance (MA) as payment.

**Jarvis:** Law concerning non-compliant use of psychotropic medications.

**Local Advisory Council (LAC) on Mental Health:** The Mental Health Act of 1987 and the Children's Mental Health Act of 1989 require counties to establish local mental health advisory councils. The Act gives LAC's a broad role in the review, evaluation and planning of local mental health systems and reporting to the county board. Minnesota Statute 245.466.

**Medical Assistance (MA):** Minnesota's basic Medicaid program.

**Mental Health:** Refers to how a person thinks feels and acts when faced with life's situations. It is how people look at themselves, their lives, and the other people in their lives; evaluate the challenges and the problems; and explore choices. This includes handling stress, relating to other people, and making decisions. Mental health is impacted by genetics, brain chemistry, trauma, and environment.

**Mental Health Practitioner:** Person who provides services in the treatment of mental illness, under the supervision of a mental health professional.

**Mental Health Professional:** Licensed Psychologist, Licensed Psychological Practitioner, Licensed Independent Clinical Social Worker, Clinical Nurse Specialist Mental Health, Licensed Marriage and Family Therapist or Psychiatrist providing clinical services in the treatment of mental illness. These licensed professionals can complete diagnostic assessments to determine appropriate diagnoses and treatment plans.

**Mental Illness:** Organic disorder of the brain or a clinically significant disorder of thought, mood, perception, orientation, memory, or behavior.

**Mentally Ill and Chemically Dependent (MI/CD):** A "dual diagnosis" of at least one form of mental illness and at least one substance use disorder.

**MinnesotaCare:** A program that provides access to health coverage for lower income persons. MinnesotaCare, which charges enrollment premiums based on household income, is operationally distinct from Minnesota's Medicaid program.

**Ombudsman:** Independent governmental official who receives complaints against government (and government-regulated) agencies and/or its officials from aggrieved persons, who investigates, and who if the complaints are justified, makes recommendations to remedy the complaints.

**Personal Care Assistant (PCA):** Assistance and support to eligible persons with disabilities and special health care needs, who live independently in the community. Services are provided by a qualified PCA and may be provided in the person's own home or in the community.

**Prepaid Medical Assistance Program (PMAP):** A program in which the state contracts with health plans to cover and manage health care services for Medical Assistance enrollees.

**Protection and Advocacy (P & A):** Federally funded organizations located in every state that protect the rights of persons with developmental disabilities. In Minnesota, the Disability Law Center is the designated Protection and Advocacy agency.

**Psychiatrist:** A Physician who specializes in psychiatry and is certified in treating mental disorders.

**Psychologist:** A Mental Health professional with special training to listen to people with problems and help them to resolve their problems.

**Rapid Re-housing:** An intervention, informed by a Housing First approach that is a critical part of a community's effective homeless crisis response system. Rapid re-housing rapidly connects families and individuals experiencing homelessness to permanent housing through a tailored package of assistance that may include the use of time-limited financial assistance and targeted supportive services.



**Self-Determination:** Person, or his or her authorized representative, makes his/her own decisions, plans his/her own future, determines how money is spent for his/her supports and takes responsibility for the decision he/she makes.

**Senior Living:** A retirement community is a residential community or housing complex designed for older adults who are generally able to care for themselves; however, assistance from home care agencies is allowed in some communities. Activities and socialization opportunities are often provided.

**Serious and Persistent Mental Illness (SPMI):** Person age 18 years or older who has a mental illness diagnosis and meets one of the following conditions:

- has undergone two or more episodes of inpatient care for mental illness within the preceding 24 months has experienced a continuous psychiatric hospitalization or residential treatment exceeding six months duration within the preceding 12 months has been treated by a crisis team two or more times within the preceding 24 months has a diagnosis of schizophrenia, bipolar disorder, major depression or borderline personality disorder, evidences a significant impairment in functioning, and has a written opinion from a mental health professional stating he/she is likely to have future episodes requiring inpatient or residential treatment, unless community support program services are provided
- has, in the last three years, been committed by a court as a mentally ill person under Minnesota statutes, or the adult's commitment as a mentally ill person has stayed or continued was eligible under one of the above criteria but the specified time period has expired or the person was eligible as a child with severe emotional disturbance and the person has a written opinion from a mental health professional, in the last three years, stating that he/she is reasonably likely to have future episodes.

**Sliding Fee Scale:** Payment to a provider based on a percentage of income.

**Sober Housing:** Sober living houses, also called sober homes and sober living environments, are facilities that provide safe housing and supportive, structured living conditions for people exiting chemical dependency programs. SLHs serve as a transitional environment between such programs and mainstream society.

**Special Needs BasicCare (SNBC):** is a voluntary managed care program for people with disabilities ages 18 through 64 who have Medical Assistance. Enrollees may have a care coordinator or navigator to help them get health care and support services. SNBC health plans coordinate with other payers including Medicare Parts A, B and D coverage for enrollees who have that coverage.

**Spenddown:** Amount of money that a person enrolled in a Minnesota Health Care Program (MHCP) is responsible to pay before they are eligible for Medical Assistance (MA).

**Subsidized Housing:** Housing that receives some form of financial assistance from the government through the use of operating subsidies, tax credits or rent payments in order to make the rent affordable to low-to-moderate income renters. These programs were established to provide decent, safe rental housing for eligible low-to-moderate income families, the elderly, and persons with disabilities.

<https://www.housinglink.org/SubsidizedHousing>

- Section 8 is a government-funded program that helps low-income households pay the rent on private, market-rate rental units.
- Project Based Section 8 housing is a government-funded program that provides rental housing to low-income households in privately owned and managed rental units. The subsidy stays with the building; when you move out, you no longer have the rental assistance. Most units rental cost will be 30% of your household adjusted gross income. There may be a variety of housing types available through this program including single-family homes, townhomes, or apartments.
- Public Housing is a government-funded program that provides rental housing to low-income households. Renters in Public Housing units pay 30% of their income for rent\* while some units may have a low fixed rent amount. Some of the buildings are older and more basic. This subsidy generally stays with the building; when you move, out you no longer have the rental assistance. Example of rent at 30% of income: Household with one full-time worker at \$7.25/hour might pay \$348 per month.
- Section 42 Tax Credit; The Tax Credit Reform Act of 1986 created the Low Income Housing Tax Credit Program (LIHTC). The program regulations are under Section 42 of the Internal Revenue Code. The tax credit encourages developers to build affordable housing to meet the needs of the community. As a condition for receiving Housing Tax Credits, owners must keep the units affordable for a specified number of years. Affordable rents are defined and calculated based on Median Household Income figures published annually by the U.S. Department of Housing and Urban Development (HUD).
- State Medical Review Team (SMRT): Division of the Department of Human Services who makes blind and disability determinations using criteria from the Social Security Administration. SMRT determines disability status for: individuals whose application for SSI or RSDI is pending and individuals who are disabled but are not eligible for SSI or RSDI.

**Subsidy:** A pre-determined amount of funding given to a private company to decrease expenses.

**Transitional Housing:** Transitional housing is temporary housing for certain segments of the homeless population, including working homeless people who are earning too little money to afford long-term housing. Transitional housing is set up to transition residents into permanent, affordable housing.

# Make It OK

## Frequently Asked Questions

Below are some frequently asked questions you may receive while leading a conversation about mental illnesses. Remember...

- You don't have to be an expert. It's ok to say "I don't know."
- Let people know if you are uncomfortable answering a specific question.
- If someone needs more or more specific information, NAMI Minnesota is an excellent resource. You can find them online at [NAMIhelps.org](http://NAMIhelps.org).

### **I am concerned about someone I know who appears to be struggling with their mental health. Should I say something?**

It depends who they are and how close you are to them. If it is someone you know very well, express concern, let them know you are open to talking about it. You might say you went to a presentation where they educated you about mental illnesses and that you learned a lot – including that it's nothing to be ashamed about and that treatment is very effective. Don't try to diagnose or give too much advice.

### **What do I say to someone who I fear is thinking of suicide?**

Asking doesn't plant the seed. It's ok to ask someone if they are thinking about suicide and if they have a plan. Refer them to the suicide hotline or the local county crisis team. That number is 1-800-273-8255. If someone is in serious danger of committing suicide in the very near future, call 9-1-1, and don't leave them.

### **I supervise someone who has a mental illness.**

#### **What should I or can I reveal to my team?**

You can't reveal anything. Treat this as you would any other health care condition.

### **Can you refer me to a psychiatrist, therapist, etc.?**

We never refer anyone to a specific person. Tell them to contact their insurance plan to see who is in their network. There is a fact sheet on the NAMI website that provides questions to ask when seeking a mental health provider.

### **Should someone disclose to their employer that they have a mental illness?**

There are no easy answers. You need to think about whether accommodations are needed, how people will react, if it will affect raises or promotions, have there been negative stories in the news lately and more. Talk with an advocacy organization such as NAMI or visit [ADA.gov](http://ADA.gov).

### **Someone I supervise has just been diagnosed with a mental illness. What are my legal obligations as an employer?**

Treat them like you would anyone else. Do they need accommodations? Are they asking for time off? Just because you have a mental illness doesn't mean you need to be treated any differently than an employee with some other health care condition.

### **How can I get involved in the Make It OK campaign?**

Visit the website and take the pledge. You can also give me your name and contact information and I'll pass it on.

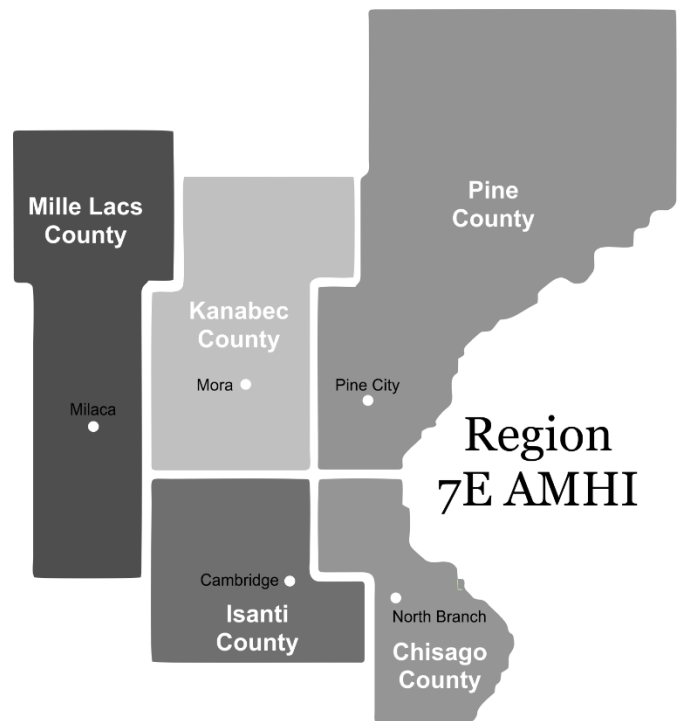
### **I have a loved one with a mental illness who won't seek treatment. What can I do?**

Be patient. Continue to encourage them to seek help, let them know they don't have to feel this way. Don't get into arguments about it – that won't help. Attend a NAMI class or support group to learn more. Read the book "I'm Not Sick I Don't Need Help."

# Region 7E Adult Mental Health Initiative



Serving: Chisago, Isanti, Kanabec, Mille Lacs, & Pine Counties & the Mille Lacs Band of Ojibwe



Contact the Region 7E Adult Mental Health Initiative with any updated information via email at [jasanovich@resourcecoop-mn.gov](mailto:jasanovich@resourcecoop-mn.gov)

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The information contained in this Adult Mental Health Resource Guide is believed to be reliable but is not guaranteed to be accurate. It is compiled from provider descriptions of their own services as well as other public data sources and is subject to change without further notice.