

Mental Health Resource Guide For Adults

www.adultmentalhealth.org

**East Central Crisis Services
1-800-523-3333**

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

Adult Mental Health Initiative

Region 7E Adult Mental Health Initiative

www.adultmentalhealth.org

Crisis

Suicide & Crisis Lifeline		988
Crisis Text Line & Northern MN Suicide Prevention		Text "MN" to 741741
Crisis Nursery: Children's Home Society of MN, Chisago County		651-674-8498
East Central Crisis Services	canvashealth.org/crisis-support	800-523-3333
MN Warm Line (Peer Support Connection) Call or Text. Limited Hours	mnwitw.org/mnwarmline	844-739-6369
National Suicide Hopeline Hotline		800-SUICIDE (784-2433)
SAVE Suicide Hotline		888-511-SAVE (7283)
National Suicide Prevention Lifeline; Veterans Press "1"		800-273-TALK (8255)
Veterans Homeless Line		877-4-AID-VET (877-424-3838)

County Agencies

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

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Hospitals with Mental Health Services

Abbot Northwestern Hospital , Minneapolis www.abbottnorthwestern.com	612-863-4000
Allina Health-Cambridge Medical Center , Cambridge https://account.allinahealth.org/servicelines/826	763-689-7700
CentraCare - St. Cloud Hospital , St. Cloud Behavioral Access Nurse https://www.centracare.com/locations/centracare-st-cloud-hospital-behavioral-health/?L=true	320-200-3200 320-255-5774
Hennepin Healthcare , Minneapolis Acute Psychiatric Services Psychiatric ER www.hennepinhealthcare.org	612-873-3000 612-873-3161
Hutchinson Medical Center , Hutchinson Mental Health Clinic www.hutchhealth.com	320-484-4610 320-234-5000
Mercy Hospital / Unity Clinic , Fridley https://www.allinahealth.org/mercy-hospital	763-236-5000
North Memorial , Robbinsdale https://northmemorial.com/specialty/mental-health/	763-520-5200
United Hospital , St. Paul https://account.allinahealth.org/services/793#locations	651-241-8000
University of Minnesota; M Health Fairview , Minneapolis www.mhealth.org	612-273-3000

Community Behavioral Health Hospitals

*Accessed through Central Pre-Admissions	866-966-2337 Fax: 763-712-4119
Alexandria 1610 8th Avenue E Alexandria, MN 56308	320-335-6201
Annandale 400 Annandale Boulevard Annandale, MN 55302	651-259-3850 Fax: 320-274-7019
Baxter 14241 Grand Oaks Drive Baxter, MN 56425	218-316-3101
Bemidji 800 Bemidji Avenue N, Suite 200 Bemidji, MN 56601	218-308-2400

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

Mental Health Treatment

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 Main Line)
866-603-0013 (Scheduling)

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

651-777-5222 (General Intake)
651-401-3060

Empower Recovery Services
645 3rd 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

763-389-1313

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

Cambridge	237 SW 2 nd 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 12th 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	150 10 th St NW, Suite 2; Milaca MN 56353
Cambridge	340 Garfield St. So; Cambridge MN 55008

Love the Journey

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

23 Pine Street N
Mora, MN 55051
frontdesk@lovethejourneymn.com
www.lovethejourneymn.com

Manes for Change, LLC

320-364-3256 Fax: 320-348-7257

1884 Mahogany Street
Mora, MN 55051
www.manesforchange.com

Mental Health Counseling Services*

612-436-0295

6448 Main St., Unit 15; North Branch MN 55056
615 1st Ave NE, STE 310; Minneapolis MN 55413
www.mhcs.online/

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/>

Plum Behavioral Health Services

877-758-6328 320-336-0036

208 Fire Monument Road
Hinckley, MN 55037
<https://www.plumbhs.org/>

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

Safe Haven Counseling and Wellness

218-210-2425

507 Minnesota Ave W

Walker, MN 56484

www.safehavencounselingandwellness.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 // https://www.hoperealized.com
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**Lighthouse Child & Family Services***

320-983-2335

150 10th Street NW, Suite 2

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 Health Services

Al-Anon

888-425-2666

www.al-anon.org

Alano Club

www.onlinealano.org OR www.alanoclubs.org

Alcoholics Anonymous (AA)

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
www.gamblersanonymous.org

855-2CALLGA (855-222-5542)

Narcotics Anonymous (NA)
www.naminnnesota.org

877-767-7676

Chemical Health 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 13th Street; St. Cloud, MN 56303
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

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

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

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

Mille Lacs Band of Ojibwe Addictions Services

800-709-6445

Minnesota Adult & Teen Challenge

NEED PHONE AND WEBSITE INFO

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

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

Sobriety First

3333 W Division Street, Suite 2101; 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

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
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*****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

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

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

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

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

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

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; 38 Union St. N.; Mora, MN 55051 952-945-4168
Mental Health Minnesota 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 www.namihelps.org 651-645-2948
1919 University Ave. W.; Suite 400 St. Paul, MN 55104

Senior Linkage Line 800-333-2433

United Way First Call for Help 211, 800-543-7709

Wellness in the Woods <https://mnwitw.org/vpsn> 218-296-2067

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

Kanabec County 320-679-6350

Drop in Centers

Please navigate to www.adultmentalhealth.org for updated information on Drop in Centers in the Region 7E area.

Chisago County Drop In Center

Main Street Church Every Wednesday from Main Street Church:
6500 Main Street 10:00am - 2:00pm 651.674.4090
North Branch MN 55056

Pine County Drop In Center

Pine City Senior Center Every Tuesday from Pine City Senior Center:
670 Main St S 10:30am-2:30pm 320.629.3024
Pine City MN 55063

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 for updated information on County LAC meetings.

Personal Care Attendant (PCA)

This 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*****

All About Caring Home Care, Inc.	320-358-0987
All Families Homecare Inc	651-955-1060
Alliance Home Care Services	651-399-4923
B's Homecare	763-689-8984
Comfort At Home LLC	651-270-1865
Family Care Services	320-629-4800
Foundations Group of MN, Inc.	651-408-1433
Home Advantage Health Care LLC	320-420-1118
Joy-Us-Cares, Inc	763-444-7318
Mille Lacs Home Care	320-532-4127
North Country Home Care	763-856-9956
Select Home Care	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

St. Cloud VA Health Care System 320-252-1670
4801 Veterans Drive; St. Cloud, MN 56303
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
18 Vine Street North; Mora, MN 55051

320-679-6380

Mille Lacs County
525 2nd Street SE; Milaca, MN 56353

320-983-8208 Fax:320-983-8306
888-270-8208

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

320-532-7731

Pine County
1602 Hwy 23 North, Sandstone, MN 55072

320-216-4250 Fax: 320-216-4254
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 29, 2022. The list is periodically updated and can be found on the DHS website under ARMHS Providers: <https://mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/adult-rehabilitative-mental-health-services/armhs-certified-providers/>

Certified ARMHS Providers	Chisago	Isanti	Kanabec	Mille Lacs	Pine
A New Dawn Consulting, LLC 763-227-7223 Fax: 651-317-6332 38780 8 th Ave. N.; North Branch, MN 55056 Email: anewdawn1@outlook.com	X	X			
Applied Care Services Inc. 612-205-5332 Fax: 612-435-0263 4710 White Bear Parkway, White Bear Lake, MN 55110 Email: info@appliedcareservices.com	X				
Canvas Health, Inc. 651-777-5222 5842 Old Main St., Suite 2; North Branch, MN 55056 www.canvashealth.org intake@canvashealth.org	X	X			
Family Support Services Inc. (Associated with Nystrom & Associates, LTD) 651-628-4993 Fax: 952-997-3026 Corrections Referral: 651-529-8680 7300 W 147 th St., Suite 204; Apple Valley, MN 55124	X	X	X	X	X
LifeStance Health 612-924-3807 x1 FAX: 651-383-4529 2103 County Road D, Building B; Maplewood, MN 55109 www.Lifestance.com	X				
Lighthouse Child & Family Services, LLC 320-983-2335 340 Garfield Street S., Cambridge, MN 55008 Email: racheld@lighthouse.health	X	X	X	X	X
Love the Journey, Inc. 320-679-6964 FAX: 320-679-8183 23 Pine St. N; Mora, MN 55051 www.lovethejourney.com office@lovethejourneymn.com		X	X	X	X

Minnesota CarePartner 612-289-5656 Fax: 651-925-0278 393 North Dunlap St., Suite 300; St. Paul, MN 55104	x	X			
Rise Incorporated 237 2 nd Ave SW; Cambridge MN 55008 / 763.689.2093 13265 Sylvan Ave; Lindstrom MN 55045 / 651.257.2281 110 2 nd St NW; Milaca MN 56353 / 320.983.2684 23 Union St, Ste 3; Mora MN 55051 / 320.298.1874 555 So Main St, Ste 7; Pine City MN 55063 / 763.951.3833 Email: acarter@rise.org	X	X	X	X	X
Safe Transitions 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

Partnership for Prescription Assistance www.pparx.org

888-477-2669

Rx Assist Patient Assistance Program Center www.rxassist.org

Rx Connect www.rxconnect.com

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

Rx Outreach www.rxoutreach.org

800-769-3880

Rx Hope www.rxhope.com

Together Rx Access 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

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

Catholic Charities (Kanabec, Isanti, Mille Lacs)
911 18th St. N; St Cloud, MN 56303

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

www.ccstcloud.org

Catholic Charities of St. Paul and Minneapolis

1200 2nd Avenue S; Minneapolis, MN 55403
www.cctwincities.org

612-204-8500

Lutheran Social Service of Minnesota

2485 Como Avenue; St. Paul, MN 55108
www.lssmn.org

800-582-5260, 651-642-5990

Minnesota Benefits <https://mnbenefits.mn.gov/>

Minnesota Work Incentive Connection

800-976-6728, 651-632-5113

MNsure www.mnsure.org

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

Public Utilities Commission (phone lines)
www.mn.gov/puc/consumers

800-657-3782

Salvation Army (heat & housing assistance)
<http://salvationarmynorth.org/programs-that-help/basic-needs/>

The 30-Days Foundation (ONLY TEXTS OR EMAILS)

Email: The30DaysFoundation@live.com
8014 Olson Memorial Hwy, Ste195; Golden Valley, MN 55427
<https://www.the30-daysfoundation.org/>

952-334-9996

United Way

2-1-1

Lakes and Pines Community Action Council

1700 Maple Avenue East; Mora, MN 55051
Email: lap@lakesandpines.org
<https://www.lakesandpines.org/>

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

Social Security

Disability Specialists

www.disabilityspecialists.net

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

Social Security Administration

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

332 Minnesota Street; St. Paul, MN 55101

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

<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

800-832-6082, option 4

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

Rise Inc.

13265 Sylvan Avenue; Lindstrom, Minnesota 55045

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

110 2nd Street NW; Milaca, Minnesota 56353

320.983.2684

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

Central Minnesota Housing Partnership, Inc.

320-259-0393, 888-203-9301

37 28th Avenue N, Suite 102; St. Cloud, MN 56303

Fax: 320-259-9590

www.cmhp.net

Mora Housing & Redevelopment Authority

(Assistance and Housing, Section 8) morahra.org/

320-679-4789

Mille Lacs Band of Ojibwe Housing Authority

320-532-7409

FOR HOUSING EMERGENCIES

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

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

Senior LinkAge Line

800-333-2433

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

East Central MN Habitat for Humanity 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

612-522-2500

Minnesota Homeownership Center 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/>

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

Name	Address	Phone	Fax
Lange Board & Rooming Home	13892 37 th St. Clear Lake, MN 55319 http://www.langeboardandroom.com	763) 662-2836	763-662-2317
Murphy's Board and Care Home	1101 3 rd St N. St Cloud, MN 56303	320) 251-6567	
Medallion Manor	2444 Pillsbury Ave S. Minneapolis, MN 55404	612-874-0207	612-813-1331
Mission Lodge	3409 E Medicine Lake Blvd Plymouth, MN 55441	(763) 559-4249 Intake (612) 879-3560	(763) 559-4621
Norpol Residence	1921 1 st Ave S Minneapolis, MN 55403	(612) 872-1444	(612) 253-0606
Nouis Board & Lodging	308 First St SE Little Falls, MN 56345	(320) 632-3868	(888) 470-8177
Pursuit Homotel	1918 Park Ave Minneapolis, MN 55404	(612) 874-0332	
St. Elizabeth Board and Lodge	306 N 15 th Ave St Cloud, MN 56301 http://ccstcloud.org	(320) 252-8350	(218) 252-8350
Smith Lodge	3409 E Medicine Lake Blvd Minneapolis, MN 55441	(763) 550-9802	(763) 550-0095
Stevens House	1928 Stevens Ave S Minneapolis, MN 55403	(612) 872-9035	(612) 879-8462
Stillwater Residence	220 W Olive St Stillwater, MN 55082	(651) 439-1601	(651) 439-1625
Sunset Ridge	PO Box 705; 4986 County Rd 6 NW Annandale, MN 55302	(320) 274-8060	(218) 274-3123
Washington Place LLC	820 8 th Avenue S St. Cloud, MN 56301	320-203-1707	
Whittier Place	2405 1 st 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 (<i>Shelter Domestic Abuse Victims</i>) (Formerly) The Refuge Network Chisago (offers a domestic violence shelter), Isanti, Kanabec, Pine https://www.familypathways.org	763-629-3532 or 800-338-7233 800-338-7233
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	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.

Diane Ahrens Crisis Residence St. Paul, Ramsey County	651-645-9424
Hennepin Healthcare Crisis Residence Minneapolis	612-352-5600
Nancy Page Crisis Residence Minneapolis	612-870-3787
Riverwind Crisis Residence Coon Rapids	763-862-7944

Transitional Housing

Rise, Inc. 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

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

Salvation Army – Central Minnesota Program <http://salvationarmynorth.org>
400 Highway 10 S; St. Cloud, MN 56304

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
<https://www.careerforcemn.com/cambridge>
*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

763-279-4492

CareerForce Center (formerly WorkForce Center)
903 Forest Avenue East; Mora, MN 55051
Email: 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
<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
[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
237 2nd Ave SW, Cambridge MN 55008
13265 Sylvan Avenue, Lindstrom, MN 55045
110 2nd St NW, Milaca MN 56353
23 Union St, Ste 3, Mora MN 55051
555 So Main St, Ste 7, Pine City MN 55063
www.rise.org

763.689.2093
651-257-2281 Fax: 651-257-3861
320.983.2684
320.983.2684
763.951.3833

Transportation

For an updated list of transportation providers within Region 7E, please navigate to this website:
<http://www.eastcentraltransit.com>

Chisago County

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

Arrowhead Transit 800-862-0175
702 3rd Ave S; Virginia, MN 55792
<https://arrowheadtransit.com/>

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/>

Lee's Limousine 651-462-5466
26237 Forest Blvd; Wyoming, MN 55092
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

Arrowhead Transit 800-862-0175
702 3rd Ave S; Virginia, MN 55792
<https://arrowheadtransit.com/>

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 info@cambridgetransportation.com	651-340-7571
<u>Kanabec County</u>	
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 https://timbertrailstransit.com/	888-217-5222
<u>Mille Lacs County</u>	
Attaboy's Taxi 606 MN 123 Ste E; Sandstone, MN 55072	320-245-5355
Arrowhead Transit 702 3rd Ave S; Virginia, MN 55792 https://arrowheadtransit.com/	800-862-0175
Brainerd Crow Wing Transit 501 Laurel St; Brainerd, MN 56401 https://www.ci.brainerd.mn.us/195/Transit	866-925-7433
Great River Area Faith in Action 13074 Edgewood St SE; Becker, MN 55308 https://www.grfia.org/transportation/	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: jwiedewitsch@gmail.com	763-389-9440
Loving Hands Transportation 26407 136th St NW; Zimmerman, MN 55398	763-607-8700 https://www.lovinghandstransportation.com/
Princeton Cab 1103 Blossom Blvd NW; Isanti, MN 55040	763-438-6169 https://www.cambridge-cab.com/
Schu-Tran 325 Glen St; Foley, MN 56329 Email: schutran@gmail.com	320-968-7478

Select Transportation 12631 Fremont Ave, Ste 3; Zimmerman, MN 55398 https://www.facebook.com/KenGreen2016/	763-267-5999
Sherburne Volunteer Driver Program 13880 Business Center Dr NW, Ste 100; Elk River, MN 55330 https://www.co.sherburne.mn.us/996/Transportation-Program	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 https://tricap.org/transportation/	320-251-1612
<u>Pine County</u>	
Arrowhead Transit 702 3rd Ave S; Virginia, MN 55792 https://arrowheadtransit.com/	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: empowerrecoveryservices@gmail.com https://www.empowerrecoveryservices.org/	320-629-0059
Health East Medical Transportation 799 Reaney Ave; Saint Paul, MN 55106 https://www.fairview.org/services/medical-transportation	651-232-1717
Lifts: Lee Isaacson's Friendly Transportation Service 730 Main St S; Pine City, MN 55063 Email: info@liftstransportation.com	888-469-7433
CHR-Mille Lacs Band of Ojibwe	320-532-7815
Health Partners Transportation Services	888-288-1439
Medica Provide a Ride	800-601-1805
Medical Assistance Member Help Desk	800- 657-3739
Medical Assistance Provider Call Center	800- 366-5411
Minnesota Care Member Help Desk	800- 657-3672
NEMT (non-emergency medical transportation) www.mtm-inc.net	866-467-1724
U-Care Health Ride	800-864-2157

Additional Resources

Abuse / Assault

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
Mille Lacs Band of Ojibwe-Women’s Shelter	320-495-3514
Mille Lacs Band of Ojibwe-Sexual Assault Advocate	320-362-4995
Mille Lacs Band of Ojibwe 24/7 Crisis Line	866-867-4006
Minnesota Day One Crisis Hotline	Phone support: 1-866-223-1111 Text support: 612-399-9995
Family Pathways Black Dog Hill (<i>Shelter Domestic Abuse Victims</i>) (Formerly) The Refuge Network Chisago (offers a domestic violence shelter) https://www.familypathways.org	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

Central Minnesota Legal Services Serves individuals in Chisago, Isanti, & Mille Lacs Co. 110 6 th Avenue S, Suite 205; St. Cloud, MN 56301 www.centralmnlegal.org	800-622-7773, 320-253-0138 Fax: 320-253-5794
Family Pathways, formerly The Refuge Network 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 1st Avenue N, Suite 300, Minneapolis, MN 55401
www.mndlc.org

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

Neighborhood Justice Center

500 Laurel Avenue, St. Paul, MN 55102
www.njcinc.org

651-222-4703

State Ombudsman

Mental Health & Developmental Disability
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 7th Street E, St. Paul, MN 55119
www.dentalassociatesmn.com

651-735-0595

Dr Stephen Marquard

8960 Springbrook Dr NW, Ste 150
Coon Rapids, MN

763-784-7570

Dr Sammy Boulos

97 85th Ave NW
Coon Rapids MN

763-225-8448

Dr Brenda Junnila

140 2nd St SE
Milaca, MN

320-983-2455

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

<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

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

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 aged 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 can 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 aged 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.

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.

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.

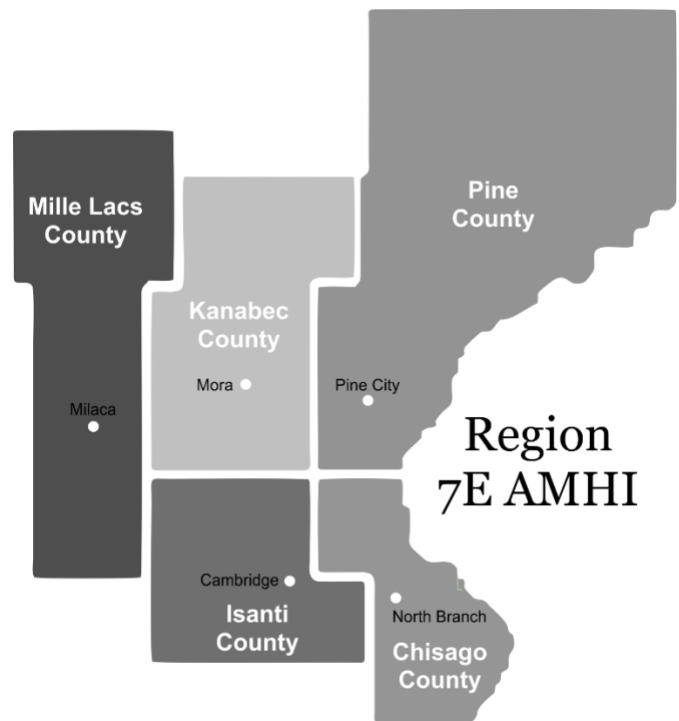
I have a loved one with a mental illness who won't seek treatment. What can I do?

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 <mailto:Linda.Hurtley@adultmentalhealth.org>

Updated 11/7/2021

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.