



**Adult Mental Health Initiative**  
Benton, Sherburne, Stearns, Wright Counties

# **Adult Mental Health Resource Guide**

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

**Four County Crisis Response Team**  
800-635-8008 or 320-253-5555

## Adult Mental Health Initiative

**CommUNITY Adult Mental Health Initiative**  
531 Dewey Street Box 740 Foley, MN 56329

320-968-5277 Fax: 320-968-5330

### Crisis

<b>Crisis Nursery:</b>	<b>Benton &amp; Stearns County</b>	320-654-1090
	<b>Sherburne County</b>	800-433-5239, 763-765-4000
	<b>Wright County</b>	800-965-1430, 763-271-1680
<b>Four County Crisis Response Team</b>		800-635-8008, 320-253-5555
<b>National Suicide Hopeline Hotline</b>		800-SUICIDE (784-2433)
<b>SAVE Suicide Hotline</b>		888-511-SAVE (7283)
<b>Suicide Prevention National Hotline</b>		800-273-TALK (8255) Press "1" for Veterans
<b>TXT4LIFE (Suicide Prevention Resource)</b>		Text "LIFE" to 61222
<b>Veterans Homeless Line</b>		877-4- AID –VET (877-424-3838)

### County Agencies

<b>Benton County</b>	<a href="http://www.co.benton.mn.us">www.co.benton.mn.us</a>
<b>Human Services</b>	800-530-6254, 320-968-5087 531 Dewey Street Box 740 Foley, MN 56329
<b>Sheriff's Office</b>	320-968-7201 581 Highway 23 Box 159 Foley, MN 56329
<b>Sherburne County</b>	<a href="http://www.co.sherburne.mn.us">www.co.sherburne.mn.us</a>
<b>Human Services</b>	800-433-5239, 763-765-4000
<b>Sheriff's Office</b>	763-765-3500 13880 Business Center Drive Elk River, MN 55330
<b>Stearns County</b>	<a href="http://www.co.stearns.mn.us">www.co.stearns.mn.us</a>
<b>Human Services</b>	800-450-3663, 320-656-6000
<b>Sheriff's Office</b>	320-259-3700 705 Courthouse Square St. Cloud, MN 56303
<b>Wright County</b>	<a href="http://www.co.wright.mn.us">www.co.wright.mn.us</a>
<b>Health and Human Services</b>	800-362-3667, 763-682-7400 1004 Commercial Drive Buffalo, MN 55313
<b>Sheriff's Office</b>	763-682-1162 3800 Braddock Avenue NE Buffalo, MN 55313

# Table of Contents

	Page
<b>Behavioral Health Hospitals</b> .....	<b>2</b>
<b>Mental Health Treatment</b> .....	<b>3</b>
Assertive Community Treatment (ACT)	
Counseling & Psychiatric Services	
Day Treatment	
Intensive Residential Treatment (IRT)	
<b>Chemical Dependency/Addiction</b> .....	<b>8</b>
Halfway Houses	
Treatment Centers	
<b>Community Services &amp; Supports</b> .....	<b>10</b>
Adult Rehabilitative Mental Health Services (ARMHS)	
Community Support Program (CSP)	
Independent Living Skills (ILS)	
Personal Care Attendant (PCA)	
Veteran’s Services	
<b>Financial</b> .....	<b>14</b>
Energy Assistance	
Medications & Prescriptions	
Other Information & Financial Resources	
Social Security	
<b>Housing</b> .....	<b>16</b>
Board and Lodge	
Emergency Shelters	
Transitional Housing	
<b>Vocational/Employment</b> .....	<b>20</b>
<b>Transportation</b> .....	<b>22</b>
<b>Additional Resources</b> .....	<b>23</b>
Abuse/Assault	
Advocacy & Legal Aid	
Dental	
Interpreters/Cultural Competence	
Nutrition	
<b>Websites</b> .....	<b>26</b>
<b>Glossary</b> .....	<b>27</b>
<b>Make It OK - FAQ</b> .....	<b>32</b>
<b>Notes</b> .....	<b>33</b>

## Behavioral Health Hospitals

<b>Abott Northwestern Hospital</b> 800 E 28 <sup>th</sup> Street Minneapolis, MN 55407 <a href="http://www.abottnorthwestern.com">www.abottnorthwestern.com</a>	612-863-4000
<b>Hennepin County Medical Center</b> 701 Park Avenue Minneapolis, MN 55415 <a href="http://www.hcmc.org">www.hcmc.org</a>	612-873-3000
<b>Hutchinson Medical Center</b> 3 Century Avenue SE Hutchinson, MN 55350 <a href="http://www.hahc-hmc.com">www.hahc-hmc.com</a>	320-587-2020
<b>Mercy Hospital</b> 4050 Coon Rapids Boulevard Coon Rapids, MN 55433 <a href="http://www.allinamercy.org">www.allinamercy.org</a>	763-236-6000
<b>North Memorial</b> 3300 Oakdale Avenue N Robbinsdale, MN 55422 <a href="http://www.northmemorial.com">www.northmemorial.com</a>	763-520-5200
<b>St. Cloud Hospital</b> Behavioral Access Nurse 1406 6 <sup>th</sup> Avenue N St. Cloud, MN 56303 <a href="http://www.centracare.com">www.centracare.com</a>	320-251-2700 320-255-5774 Fax: 320-656-7106
<b>University of Minnesota Medical Center, Fairview</b> 2450 Riverside Avenue Minneapolis, MN 55454 <a href="http://www.uofmmmedicalcenter.org">www.uofmmmedicalcenter.org</a>	612-273-3000

### Community Behavioral Health Hospital

*Accessed through Central Pre-Admissions	866-966-2337 Fax: 763-712-4119
<b>Annandale</b> 400 Annandale Boulevard Annandale, MN 55302	651-259-3850 Fax: 320-274-7018

## Mental Health Treatment

### Assertive Community Treatment (ACT)

**Great River ACT – St. Cloud** 320-253-4120 Fax: 320-253-4179  
3333 W Division Street Suite 217 St. Cloud, MN 56301  
[www.cmmhc.org](http://www.cmmhc.org)

**Great River ACT – Monticello** 763-271-5340 Fax: 763-271-5350  
407 Washington Street Monticello, MN 55362  
[www.cmmhc.org](http://www.cmmhc.org)

### Counseling & Psychiatric Services

**Behavior Wizards** 320-251-6059  
2131 Troop Drive Sartell, MN 56377  
[www.behaviorwizards.com](http://www.behaviorwizards.com)

**Bridging Hope Counseling** 763-291-5505 Fax: 763-682-2449  
311 Brighton Avenue Suite B Buffalo, MN 55313  
[www.bridginghopecounseling.com](http://www.bridginghopecounseling.com)

**Bridging Hope Counseling** 763-291-5505 Fax: 763-657-0819  
21000 Rogers Drive Suite 200 Rogers, MN 55374  
[www.bridginghopecounseling.com](http://www.bridginghopecounseling.com)

**Catholic Charities – Caritas Mental Health Clinic** 320-650-1660 Fax: 320-650-1672  
911 18<sup>th</sup> Street N St. Cloud, MN 56302  
[www.ccstcloud.org](http://www.ccstcloud.org)

**Center for Psychological Services** 320-255-0343 Fax: 320-654-0318  
600 25<sup>th</sup> Avenue S Suite 109 St. Cloud, MN 56301  
[www.scpsychologicalservices.com](http://www.scpsychologicalservices.com)

**Central Minnesota Mental Health Center** 763-682-4400 Fax: 763-682-1353  
308 12<sup>th</sup> Avenue S Buffalo, MN 55313  
[www.cmmhc.org](http://www.cmmhc.org)

**Central Minnesota Mental Health Center** 763-441-3770 Fax: 763-441-9057  
253 8<sup>th</sup> Street NW Suite A Elk River, MN 55330  
[www.cmmhc.org](http://www.cmmhc.org)

**Central Minnesota Mental Health Center** 763-295-4001 Fax: 763-295-5086  
407 Washington Street Monticello, MN 55362  
[www.cmmhc.org](http://www.cmmhc.org)

- Central Minnesota Mental Health Center** 320-252-5010 Fax: 320-252-0908  
 1321 N 13<sup>th</sup> Street St. Cloud, MN 56303  
[www.cmmhc.org](http://www.cmmhc.org)
- Cook Counseling Service, LLC** 320-209-7133 Fax: 800-692-2098  
 606 25<sup>th</sup> Avenue S Suite 209 St. Cloud, MN 56301  
[www.cookcounselingmn.com](http://www.cookcounselingmn.com)
- Core Professional Services** 320-202-1400 Fax: 320-202-8662  
 110 14<sup>th</sup> Avenue E Sartell, MN 56377  
[www.coreprofessionalservices.com](http://www.coreprofessionalservices.com)
- Dept of Veterans Affairs–St. Cloud Medical Center** 320-252-1670  
 4801 Veterans Drive St. Cloud, MN 56301  
[www.va.gov](http://www.va.gov)
- Effective Living Center, Inc.** 320-259-5381 Fax: 320-259-6171  
 821 W Saint Germain Street St. Cloud, MN 56301  
[www.effectivelivingcenter.com](http://www.effectivelivingcenter.com)
- Fairview Counseling Center** 763-241-5870 Fax: 763-241-5872  
 290 Main Street Suite 140 Elk River, MN 55330  
[www.fairview.org](http://www.fairview.org)
- Fairview Counseling Center** 763-398-6326 Fax: 763-389-6455  
 25945 Gateway Drive Zimmerman, MN 55398  
[www.fairview.org](http://www.fairview.org)
- Fairview Northland Medical Center** 763-389-1313  
 911 Northland Drive Princeton, MN 55371  
[www.fairview.org](http://www.fairview.org)
- Family Counseling Center** 763-682-5420 Fax: 763-682-5803  
 102 Marty Drive Suite 2 Buffalo, MN 55313
- Family Prospective Resources, Inc.** 763-367-6080 Fax: 763-263-7897  
 101 Jefferson Boulevard Suite A Box 3 Big Lake, MN55309  
[www.familypros.com](http://www.familypros.com)
- Granite City Counseling, LLC** 320-257-1800 Fax: 320-257-1801  
 818 2<sup>nd</sup> Street S Waite Park, MN 56387  
[www.granitecitycounseling.com](http://www.granitecitycounseling.com)
- Hardy & Stephens Counseling** 763-633-5111 Fax: 763-633-5112  
 11070 183<sup>rd</sup> Circle Suite C Elk River, MN 55330  
[www.hardystephens.com](http://www.hardystephens.com)

- Health Partners Clinic – Behavioral Health** 320-253-6952 Fax: 320-203-2255  
2251 Connecticut Avenue S Sartell, MN 56377  
[www.hpcmc.com](http://www.hpcmc.com)
- Lutheran Social Services** 320-251-7700 Fax: 320-251-8898  
22 Wilson Avenue NE Suite 110 St. Cloud, MN 56304  
[www.lssmn.org](http://www.lssmn.org)
- MarketPlace Counseling** 320-253-4080 Fax: 320-253-4088  
110 2<sup>nd</sup> Street S Suite 303 & 304 Waite Park, MN 56387
- Milestone Counseling Inc.** 320-774-1621 Fax: 320-774-1624  
630 Roosevelt Road Suite 104 St. Cloud, MN 56301  
[www.stcloudcounselors.com](http://www.stcloudcounselors.com)
- Nystrom & Associates, LTD** 763-746-9492 Fax: 763-746-3685  
16201 90<sup>th</sup> Street NE Suite 200 Otsego, MN 55330  
[www.nystromcounseling.com](http://www.nystromcounseling.com)
- Nystrom & Associates, LTD** 320-253-3512 Fax: 320-253-1037  
3701 12<sup>th</sup> Street Suite 203 St. Cloud, MN 56303  
[www.nystromcounseling.com](http://www.nystromcounseling.com)
- Pathways Psychological Services, P.A.** 763-241-8157 Fax: 763-241-7670  
19230 Evans Street NW Suite 202A Elk River, MN 55330  
[www.pathwayspsych.com](http://www.pathwayspsych.com)
- Pinehaven Youth and Family Services, Inc.** 888-571-6703 Fax: 218-829-1473  
1204 7<sup>th</sup> Street S Suite 105 St. Cloud, MN 56301  
[www.pinehaven-mn.org](http://www.pinehaven-mn.org)
- Processus Counseling and Consulting Services** 320-252-2976 Fax: 320-656-1570  
110 2<sup>nd</sup> Street S Suite 301 Waite Park, MN 56387  
[www.processus-counseling.com](http://www.processus-counseling.com)
- Pro Found Therapy** 320-266-1693 Fax: 320-251-0217  
720 8<sup>th</sup> Avenue N St. Cloud, MN 56303  
[www.profoundtherapy.com](http://www.profoundtherapy.com)
- Psychotherapeutic Resources** 320-253-3715 Fax: 320-252-2567  
325 33<sup>rd</sup> Avenue N Suite 103 St. Cloud, MN 56303  
[www.yourcaringresource.com](http://www.yourcaringresource.com)

**St. Cloud Hospital – Behavioral Health Clinic** 320-229-4945 Fax: 320-229-5179  
1900 CentraCare Circle Suite 1000 St. Cloud, MN 56303  
[www.centracare.com](http://www.centracare.com)

**Solutions Behavioral Healthcare Professional's** 320-351-4871 Fax: 320-351-4871  
508 Main Street S Sauk Centre, MN 56378  
[www.solutionsinpractice.org](http://www.solutionsinpractice.org)

**Solutions Behavioral Healthcare Professionals** 320-281-5305 Fax: 320-281-5306  
423 Great Oak Drive Waite Park, MN 56387  
[www.solutionsinpractice.org](http://www.solutionsinpractice.org)

**Solutions Counseling** 763-515-4563 Fax: 763-497-0552  
112 Central Avenue NE Suite A Box 351 St. Michael, MN 55376  
[www.helpwithsolutions.com](http://www.helpwithsolutions.com)

**The Center for Family Counseling** 320-253-3540 Fax: 320-253-1475  
2025 Stearns Way Suite 111 St. Cloud, MN 56303  
[www.healinginchrist.com](http://www.healinginchrist.com)

**Twin Cities Behavioral Health, PC** 952-831-3662 Fax: 952-831-3559  
2 Division Street E Suite 103 Buffalo, MN 55313

**Village Family Service Center** 320-253-5930 Fax: 320-258-4632  
4140 Thielman Lane Suite 303 St. Cloud, MN 56301  
[www.thevillagefamily.org](http://www.thevillagefamily.org)

### Day Treatment

**Bridging Hope Counseling** 763-291-5505 Fax: 763-682-2449  
311 Brighton Avenue Suite B Buffalo, MN 55313  
[www.bridginghopecounseling.com](http://www.bridginghopecounseling.com)

**Bridging Hope Counseling** 763-291-5505 Fax: 763-657-0819  
21000 Rogers Drive Suite 200 Rogers, MN 55374  
[www.bridginghopecounseling.com](http://www.bridginghopecounseling.com)

**Central Minnesota Mental Health Center** 763-682-4400 Fax: 763-682-1353  
308 12<sup>th</sup> Avenue S Buffalo, MN 55313  
[www.cmmhc.org](http://www.cmmhc.org)

**Central Minnesota Mental Health Center** 320-252-5010 Fax: 320-252-0908  
1321 N 13<sup>th</sup> Street St. Cloud, MN 56303  
[www.cmmhc.org](http://www.cmmhc.org)



**Twin Cities Behavioral Health, PC**

2 Division Street E Suite 103 Buffalo, MN 55313

952-831-3662 Fax: 952-831-3559

Intensive Residential Treatment (IRT)

**Fresh Start** (Female only, specializes in DBT)  
1610 E First Street Duluth, MN 55812

218-724-2945 Fax: 218-724-0699

**Northway**

1509 24<sup>th</sup> Avenue N St. Cloud, MN 56303

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

320-252-8648 Fax: 320-529-4909

## Chemical Dependency/Addiction

<b>Al-Anon</b>	800-344-2666 <a href="http://www.al-anon.org">www.al-anon.org</a>
<b>Alano Club</b>	<a href="http://www.onlinealano.org">www.onlinealano.org</a> <a href="http://www.alanoclubs.org">www.alanoclubs.org</a>
<b>Alcoholics Anonymous (AA)</b>	<a href="http://www.aaminneapolis.org">www.aaminneapolis.org</a>
<b>Chemical Dependency Assessment</b> (for public health insurance/PMAP)	
Benton	320-968-5087 Fax: 320-968-5330
Sherburne	763-765-4000 Fax: 763-765-4096
Stearns	320-656-6225 Fax: 320-656-6447
Wright	763-682-7400 Fax: 763-682-7701
<b>Detoxification</b>	320-252-6654 Fax: 320-529-1975
1321 13 <sup>th</sup> Street N St. Cloud, MN 56303	
<b>Drug Abuse Hotline</b>	800-276-6818 <a href="http://www.acenterforrecovery.com">www.acenterforrecovery.com</a>
<b>Gamblers Anonymous</b>	855-2CALLGA (855-222-5542) <a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a>
<b>Narcotics Anonymous (NA)</b>	877-767-7676 <a href="http://www.naminnnesota.org">www.naminnnesota.org</a>

### Halfway Houses

<b>East Haven</b> (males only)	320-202-7881
1425 E Saint Germain Street St Cloud, MN 56304	
<a href="http://www.easthavenhalfwayhouse.com">www.easthavenhalfwayhouse.com</a>	
<b>Focus 12</b> (males only)	320-252-2425
3220 Veterans Drive #6 St. Cloud, MN 56303	
<b>Journeyhome</b> (females only)	320-259-9149
1485 10 <sup>th</sup> Avenue NE Sauk Rapids, MN 56379	
<b>Passages</b> (males and females without children)	320-259-5692
121 Park Avenue S St Cloud, MN 56301	

## Treatment Centers

- Central Minnesota Mental Health Center** 763-682-4400 Fax: 763-682-1353  
308 12<sup>th</sup> Avenue S Buffalo, MN 55313  
[www.cmmhc.org](http://www.cmmhc.org)
- Central Minnesota Mental Health Center** 763-295-4001 Fax: 763-295-5086  
407 Washington Street Monticello, MN 55362  
[www.cmmhc.org](http://www.cmmhc.org)
- Central Minnesota Mental Health Center** 320-252-5010 Fax: 320-252-0908  
1321 N 13<sup>th</sup> Street St. Cloud, MN 56303  
[www.cmmhc.org](http://www.cmmhc.org)
- Effective Living Center, Inc.** 320-259-5381 Fax: 320-259-6171  
821 W Saint Germain Street St. Cloud, MN 56301  
[www.effectivelivingcenter.com](http://www.effectivelivingcenter.com)
- New Beginnings at Waverly** 763-658-5800, 800-487-8758  
109 Northshore Drive Waverly, MN 55390  
[www.newbeginningsatwaverly.com](http://www.newbeginningsatwaverly.com)
- Nystrom & Associates, LTD** 320-253-3512 Fax: 320-253-1037  
3701 12<sup>th</sup> Street Suite 203 St. Cloud, MN 56303  
[www.nystromcounseling.com](http://www.nystromcounseling.com)
- Professional Counseling Center** 763-682-2829  
7 Highway 55 Buffalo, MN 55313
- Professional Counseling Center** 763-972-6527  
620 Babcock Boulevard Delano, MN 55328
- Recovery Plus** 800-742-4357, 320-229-3760  
713 Anderson Avenue St. Cloud, MN 56303 Fax 320-229-3763  
[www.centracare.com](http://www.centracare.com)
- Sobriety First** 320-251-0035 Fax: 320-251-0209  
3333 W Division Street Suite 210 St. Cloud, MN 56301
- St. Cloud Metro Treatment Center (Methadone)** 320-202-1909 Fax: 320-202-1910  
524 25th Avenue N St. Cloud, MN 56303  
[www.methadonetreatment.com](http://www.methadonetreatment.com)

## Community Services & Supports

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

### Adult Mental Health Case Management

**Benton County** [www.co.benton.mn.us](http://www.co.benton.mn.us) 800-530-6254, 320-968-5087

**Sherburne County** [www.co.sherburne.mn.us](http://www.co.sherburne.mn.us) 800-433-5239, 763-765-4000

**Stearns County** [www.co.stearns.mn.us](http://www.co.stearns.mn.us) 800-450-3663, 320-656-6000

**Wright County** [www.co.wright.mn.us](http://www.co.wright.mn.us) 800-362-3667, 763-682-7400

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

### Catholic Charities Hope CSP

320-240-3324 Fax: 320-240-3339

157 Roosevelt Road Suite 300 St. Cloud, MN 56301

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

### Catholic Charities – Peer Mentoring Program

320-240-3324 Fax: 320-240-3339

157 Roosevelt Road Suite 300 St. Cloud, MN 56301

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

### Central MN Re-Entry Project (Ex-offenders)

320-656-9004

Box 6064 St. Cloud, MN 56302

[www.cmnrp.com](http://www.cmnrp.com)

### Disability Linkage Line

866-333-2466

### Independent Lifestyles – Peer Mentoring Program

320-529-9000, 888-529-0743

215 N Benton Drive Sauk Rapids, MN 56379 Fax: 320-529-0747

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

### Love INC – Big Woods (Annandale, Buffalo, Maple Lake, Hanover)

763-682-6820

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

### Love INC – Heartland (Delano, Rockford, Montrose)

763-972-6547 Fax: 763-672-6548

318 Railroad Avenue Box 143 Delano, MN 55328

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

### Men's Support Line

612-379-6367

### Mental Health Minnesota

800-862-1799, 651-493-6634

540 Fairview Avenue N Suite 301 St. Paul, MN 55104

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

### National Alliance on Mental Illness – St. Cloud

888-NAMI-Helps, 320-654-1259

Box 771 St. Cloud, MN 56302

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

**Senior Linkage Line** 800-333-2433

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

Adult Rehabilitative Mental Health Services (ARMHS)

**Accurate Home Care** 763-633-3800, 888  
9000 Quantrelle Avenue NE Otsego, MN55330  
[www accuratethehomecare.com](http://www accuratethehomecare.com)

**Catholic Charities Hope CSP** 320-240-3324 Fax: 320-240-3339  
157 Roosevelt Road Suite 300 St. Cloud, MN 56301  
[www.ccstcloud.org](http://www.ccstcloud.org)

**Central Minnesota Mental Health Center** 763-682-4400 Fax: 763-682-1353  
308 12<sup>th</sup> Avenue S Buffalo, MN 55313  
[www.cmmhc.org](http://www.cmmhc.org)

**Central Minnesota Mental Health Center** 320-252-5010 Fax: 320-252-0908  
1321 N 13<sup>th</sup> Street St. Cloud, MN 56303  
[www.cmmhc.org](http://www.cmmhc.org)

**Family Support Services Inc.** 651-628-9556 Fax: 651-628-0411  
1900 Silver Lake Road Suite 110 New Brighton, MN 55112  
[www.nystromcounseling.com](http://www.nystromcounseling.com)

**Minnesota Care Partner** 612-200-0864 Fax: 877-785-0375  
3405 Chicago Avenue S Minneapolis, MN 55407  
[www.mncarepartner.com](http://www.mncarepartner.com)

**Nystrom & Associates, LTD** 320-253-3512 Fax: 320-253-1037  
3701 12<sup>th</sup> Street Suite 203 St. Cloud, MN 56303  
[www.nystromcounseling.com](http://www.nystromcounseling.com)

**REM Central Lakes, Inc.** 320-259-6022 Fax: 320-259-6076  
266 33<sup>rd</sup> Avenue S Suite 10 St. Cloud, MN 56301  
[www.remminnesota.com](http://www.remminnesota.com)

**Rise – Central Minnesota Works** 763-441-5888 Fax: 763-441-1532  
19050 Industrial Boulevard Suite 3 Elk River, MN 55330  
[www.rise.org](http://www.rise.org)

**Rise – Central Minnesota Works** 320-656-5608 Fax: 320-656-5617  
3400 1<sup>st</sup> Street N Suite 303 St. Cloud, MN 56303  
[www.rise.org](http://www.rise.org)

**Solutions Behavioral Healthcare Professionals** 320-281-5305 Fax: 320-281-5306  
423 Great Oak Drive Waite Park, MN 56387  
[www.solutionsinpractice.org](http://www.solutionsinpractice.org)

### Community Support Program (CSP)

**Catholic Charities – Hope CSP** 320-240-3324 Fax: 320-240-3339  
157 Roosevelt Road Suite 300 St. Cloud, MN 56301 [www.ccstcloud.org](http://www.ccstcloud.org)

**Wright County CSP** 763-682-7242

**Sherburne County CSP** 763-765-4000

### Independent Living Skills (ILS)

**Independent Lifestyles** 320-529-9000, 888-529-0743  
215 N Benton Drive Sauk Rapids, MN 56379 Fax: 320-529-0747  
[www.independentlifestyles.org](http://www.independentlifestyles.org)

**Faith in Action** [www.mnfia.org](http://www.mnfia.org)  
Benton 320-258-8673  
Sherburne 763-263-4277  
Stearns 320-685-3693

**Opportunity Matters, Inc.** 320-240-1900 Fax: 320-240-8527  
701 23<sup>rd</sup> Street S Sartell, MN 56377  
[www.opportunitymatters.org](http://www.opportunitymatters.org)

**Recover Health** 320-774-0777, 888-480-7045  
3400 1<sup>st</sup> Street N Suite 305 St. Cloud, MN 56303 Fax: 320-774-0779  
[www.recoverhealth.org](http://www.recoverhealth.org)

**REM Central Lakes** 320-259-6022 Fax: 320-259-6076  
266 33<sup>rd</sup> Avenue S Suite 10 St. Cloud, MN 56301  
[www.remminnesota.com](http://www.remminnesota.com)

## Personal Care Attendant (PCA)

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

<b>Accurate Home Care</b>	763-633-3800
<b>Arise Home Health Care</b>	320-230-6348
<b>Avalon</b>	763-753-8658
<b>Barnabas Home Care</b>	800-434-7569
<b>Country Manor</b>	320-253-3343
<b>DMT Homehealth Services</b>	763-856-3056
<b>Mains'I</b>	763-494-4553 x 808
<b>Meridian Services/Orion</b>	320-255-5151
<b>North Country Home Care</b>	763-856-9955
<b>Prairie River Home Care</b>	320-255-1882
<b>Recover Health</b>	888-480-7045

## Veteran's Services

<b>Eagles Healing Nest</b> 310 Highway 74 N Unit 881 Sauk Centre, MN 56378	320-351-6200
<b>Minnesota Department of Veterans Affairs</b>	<a href="http://www.mdva.state.mn.us">www.mdva.state.mn.us</a>
<b>Veterans Linkage Line</b>	888-LINKVET (546-5838)
<b>Veterans Services</b>	
Benton County Box 740 Foley, MN 56329	320-968-5044 Fax: 320-968-5239
Sherburne County 13880 Business Center Drive Elk River, MN 55330	763-765-3100 Fax: 763-765-3124
Stearns County 116 10 <sup>th</sup> Avenue N St. Cloud, MN 56303	320-656-6176 Fax: 320-656-6257
Wright County 10 2 <sup>nd</sup> Street NW Buffalo, MN 55313	763-682-7326 Fax: 763-682-5320

## Financial

### Energy Assistance

- Salvation Army (Wright)** 763-497-3867, Fax 763-497-3865  
10904 57<sup>th</sup> Street Albertville, MN 55301  
[www.thesalarmy.org](http://www.thesalarmy.org)
- Salvation Army (Sherburne)** 763-262-0420  
115-A Henry Road Big Lake, MN 55309
- Salvation Army (Benton & Stearns)** 320-252-4552 Fax: 320-252-1424  
400 Highway 10 S St. Cloud, MN 56304  
[www.thesalarmy.org](http://www.thesalarmy.org)
- Tri-CAP, Inc. (Benton, Sherburne & Stearns)** 888-765-5597, 320-251-1612  
1210 23<sup>rd</sup> Avenue S Box 683 Waite Park, MN 56387 Fax: 320-255-9518  
[www.tricap.org](http://www.tricap.org)

### Medication & Prescriptions

- Partnership for Prescription Assistance** 888-477-2669  
[www.pparx.org](http://www.pparx.org)
- Rx Assist Patient Assistance Program Center** [www.rxassist.org](http://www.rxassist.org)
- Rx Connect** 800-333-2433
- Rx Outreach** 800-769-3880  
[www.rxoutreach.com](http://www.rxoutreach.com)
- 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** [www.mn.bridgetobenefits.org](http://www.mn.bridgetobenefits.org)
- Children's Defense Fund Minnesota** 651-227-6121 Fax: 651-227-2553  
555 Park Street Suite 410 St. Paul, MN 55103  
[www.cdf-mn.org](http://www.cdf-mn.org)
- Catholic Charities (Benton, Sherburne, Stearns)** 800-830-8254, 320-229-4560  
157 Roosevelt Road Suite 100 St. Cloud, MN 56301 Fax: 320-229-4562  
[www.ccstcloud.org](http://www.ccstcloud.org)



**Catholic Charities of St. Paul and Minneapolis** (Wright) 211, 651-291-0211  
 1200 2<sup>nd</sup> Avenue S Minneapolis, MN 55403 United Way  
[www.cctwincities.org](http://www.cctwincities.org)

**Lutheran Social Service of Minnesota** 320-251-7700 Fax: 320-251-8898  
 22 Wilson Avenue NE Suite 110 St. Cloud, MN 56304  
[www.lssmn.org](http://www.lssmn.org)

**Minnesota Work Incentive Connection** 800-976-6728, 651-632-5113

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

**Public Utilities Commission** (phone lines) [www.puc.state.mn.us/PUC/index.html](http://www.puc.state.mn.us/PUC/index.html)

**Salvation Army** (heat & housing assistance) [www.thesalarmy.org/serv/heatshare.htm](http://www.thesalarmy.org/serv/heatshare.htm)

**Salvation Army** (Sherburne) 763-262-0420  
 115-A Henry Road Big Lake, MN 55309

**Salvation Army** (Benton & Stearns) 320-252-4552 Fax: 320-252-1424  
 400 Highway 10 S St. Cloud, MN 56304  
[www.thesalarmy.org](http://www.thesalarmy.org)

**Salvation Army** (Wright) 763-497-3867, Fax 763-497-3865  
 10904 57<sup>th</sup> Street Albertville, MN 55301  
[www.thesalarmy.org](http://www.thesalarmy.org)

**The Village Family Service Center** 320-253-5930, 866-304-2697  
 4140 Thielman Lane Suite 303 St. Cloud, MN 56301 Fax: 320-258-4632  
[www.thevillagefamily.org](http://www.thevillagefamily.org)

**Wright County Community Action, Inc.** 320-963-6500 Fax: 320-963-5745  
 130 W Division Street Maple Lake, MN 55358  
[www.wccaweb.com](http://www.wccaweb.com)

### Social Security

**Disability Specialists** 800-642-6393

**Outreach Services** 800-544-9925

**Social Security Administration** 877-405-1446 Fax: 320-252-7870  
 3800 Veterans Drive Suite 100 St. Cloud, MN 56303  
[www.ssa.gov](http://www.ssa.gov)

**SSI/SSDI Outreach, Access and Recovery (SOAR)** [www.prainc.com/SOAR](http://www.prainc.com/SOAR)

## Housing

**Adult Foster care** (contact your county social service agency)

**Catholic Charities – Hope CSP** 320-240-3324 Fax: 320-240-3339  
157 Roosevelt Road Suite 300 St. Cloud, MN 56301  
[www.ccstcloud.org](http://www.ccstcloud.org)

**Catholic Charities – Housing Services** 800-830-8254, 320-229-4576  
157 Roosevelt Road Suite 200 St. Cloud, MN 56301 Fax: 320-253-7464  
[www.ccstcloud.org](http://www.ccstcloud.org)

**Central Minnesota Habitat for Humanity** 320-656-8890 Fax: 320-656-8841  
777 Lincoln Avenue NE St. Cloud, MN 56304  
[www.cmhfh.org](http://www.cmhfh.org)

**Central Minnesota Housing Partnership, Inc.** 320-259-0393 Fax: 320-259-9590  
37 28<sup>th</sup> Avenue N Suite 102 St. Cloud, MN 56303  
[www.cmhp.net](http://www.cmhp.net)

**Great River Family Promise** 763-441-9093  
Box 592 Elk River, MN 55330

**Housing Link** [www.housinglink.org](http://www.housinglink.org)

**Housing & Redevelopment Authority (HRA)** 320-252-0880 Fax: 320-252-0889  
1225 W St. Germain Street St. Cloud, MN 56301  
(Serves Benton, Sherburne, Wright & St. Cloud city limits)  
[www.stcloudhra.com](http://www.stcloudhra.com)

**Housing & Redevelopment Authority (HRA)** 320-685-7771 Fax: 320-685-7580  
401 West Wind Court Cold Spring, MN 56320  
(Serves rural Stearns County)

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

**Rise – Central Minnesota Works** 763-441-5888 Fax: 763-441-1532  
19050 Industrial Boulevard Suite 3 Elk River, MN 55330  
[www.rise.org](http://www.rise.org)

**Rise – Central Minnesota Works** 320-656-5608 Fax: 320-656-5617  
3400 First Street N Suite 303 St. Cloud, MN 56303  
[www.rise.org](http://www.rise.org)

**The Village Family Service Center** 320-253-5930, 866-304-2697  
4140 Thielman Lane Suite 303 St. Cloud, MN 56301 Fax: 320-258-4632  
[www.thevillagefamily.org](http://www.thevillagefamily.org)

**Tri-CAP, Inc.** (Benton, Sherburne & Stearns) 888-765-5597, 320-251-1612  
1210 23<sup>rd</sup> Avenue S Box 683 Waite Park, MN 56387 Fax: 320-255-9518  
[www.tricap.org](http://www.tricap.org)

**US Department of Housing and Urban Development**  
[www.hud.gov/apps/section8/index.cfm](http://www.hud.gov/apps/section8/index.cfm)

**Wright County Community Action, Inc.** 320-963-6500 Fax: 320-963-5745  
130 W Division Street Maple Lake, MN 55358  
[www.wccaweb.com](http://www.wccaweb.com)

### Board and Lodge

**Brott's**  
305 2<sup>nd</sup> Avenue S Sauk Rapids, MN 56379 320-654-8452  
129 Wilson Avenue SE St. Cloud, MN 56304 320-252-8726  
920 3<sup>rd</sup> Street N Waite Park, MN 56387 320-259-0586

**Cumming's Care Center** 320-251-3447  
216 3<sup>rd</sup> Avenue S Box 7 Sauk Rapids, MN 56379

**Dream Center of St. Cloud** (single men) 320-656-1550 Fax: 320-253-9735  
529 16<sup>th</sup> Avenue N St. Cloud, MN 56303  
[www.dreamcenterstcloud.org](http://www.dreamcenterstcloud.org)

**Homestyle Living** 320-654-0650 Fax: 320-253-1671  
1312 First Street N St. Cloud, MN 56303

**Lange's** 763-662-2836  
13892 37<sup>th</sup> Street Clear Lake, MN 55319

**Murphy's Boarding Home** 320-251-6567  
1101 3<sup>rd</sup> Street N St. Cloud, MN 56303

**Place of Hope Ministries** 320-203-7881 Fax: 320-203-7882  
511 N 9<sup>th</sup> Avenue St. Cloud, MN 56303  
[www.placeofhopeministries.org](http://www.placeofhopeministries.org)

**Rivercrest – Chronic Inebriate Housing** 320-217-7970 Fax: 320-217-7971  
1315 Lincoln Avenue SE St. Cloud, MN 56304  
[www.centercityhousing.org](http://www.centercityhousing.org)

**St. Elizabeth's** 320-252-8350  
306 15<sup>th</sup> Avenue N St. Cloud, MN 56303

**Sunset Ridge of Annandale Inc. (men only)** 320-274-8060  
4986 County Road 6 NW Box 705 Annandale, MN 55302

**Washington Homes (veteran's only)** 320-203-1707  
820 8<sup>th</sup> Avenue S St. Cloud, MN 56301

### Emergency Shelters

**Anna Marie's Alliance** 320-253-6900 Fax: 320-253-5563  
Box 367 St. Cloud, MN 56302  
[www.annamaries.org](http://www.annamaries.org)

**Place of Hope Ministries** 320-203-7881 Fax: 320-203-7882  
511 9<sup>th</sup> Avenue N St. Cloud, MN 56303  
[www.placeofhopeministries.org](http://www.placeofhopeministries.org)

**Salvation Army** 320-252-4552 Fax: 320-252-1424  
400 Highway 10 S St. Cloud, MN 56304  
[www.thesalarmy.com](http://www.thesalarmy.com)

### Transitional Housing

**Catholic Charities – DOMUS Transitional Housing** 320-259-9270 Fax: 320-259-4967  
[www.ccstcloud.org](http://www.ccstcloud.org)

**Jill Eckhoff Transition House** 320-259-1173  
Box 367 St. Cloud, MN 56302  
[www.annamaries.org](http://www.annamaries.org)

**Salvation Army – Central Minnesota Program** 320-252-4552  
400 Highway 10 S St. Cloud, MN 56304  
[www.thesalarmy.com](http://www.thesalarmy.com)

	Emergency Housing	Applications for Permanent Housing	Free Meals	Food Shelf	Free Clothing and Personal Items	Support Services
Salvation Army 320-252-4552	X	X	X	X	X	X
Place of Hope 320-203-7881	X	X	X	X	X	X
Catholic Charities 320-650-1550		X		X	X	X
Tri-Cap 320-251-1612		X				X
Housing and Redevelopment Association (HRA) 320-252-0880		X				

\*Adapted from the St. Cloud Coalition on Homeless

## Vocational/Employment

- Central Minnesota Jobs & Training Services** 800-284-7425, 763-271-3700  
406 7<sup>th</sup> Street E Box 720 Monticello, MN 55362  
[www.cmjts.org](http://www.cmjts.org)
- Complete Career Services Inc.** 800-450-9408, 320-255-0685  
325 33<sup>rd</sup> Avenue N Suite 108 St. Cloud, MN 56303 Fax: 320-656-1564
- Functional Industries** 763-682-4336 Fax: 763-682-9692  
1801 Highway 25 N Box 336 Buffalo, MN 55313  
[www.functionalindustries.org](http://www.functionalindustries.org)
- Goodwill – Easter Seals Minnesota** 320-654-9527 Fax: 320-654-9542  
50 S 2<sup>nd</sup> Avenue Waite Park, MN 56387  
[www.goodwilleasterseals.org](http://www.goodwilleasterseals.org)
- Goodwill – Easter Seals Minnesota** 763-274-1823 Fax: 763-274-1825  
19463 Evans Street NW Elk River, MN 55330  
[www.goodwilleasterseals.org](http://www.goodwilleasterseals.org)
- Opportunity Services** 320-203-7750 Fax: 320-203-7751  
1717 W Saint Germain Street St. Cloud, MN 56303  
[www.oppserv.org](http://www.oppserv.org)
- Rise – Central Minnesota Works** 763-441-5888 Fax: 763-441-1532  
19050 Industrial Boulevard Suite 3 Elk River, MN 55330  
[www.rise.org](http://www.rise.org)
- Rise – Central Minnesota Works** 320-656-5608 Fax: 320-656-5617  
3400 1<sup>st</sup> Street N Suite 303 St. Cloud, MN 56303  
[www.rise.org](http://www.rise.org)
- Vocational Rehabilitation Services** 763-271-3700, 888-438-5627  
406 E 7<sup>th</sup> Street Box 720 Monticello, MN 55362 Fax: 763-295-6096  
<http://mn.gov/deed/vrs>
- Vocational Rehabilitation Services** 320-308-5320 Fax: 320-308-5335  
1542 Northway Drive Door 2 St. Cloud, MN 56303  
<http://mn.gov/deed/vrs>
- Wacosa** 320-251-0087 Fax: 320-259-4679  
320 Sundial Drive Box 757 Waite Park, MN 56387  
[www.wacosa.org](http://www.wacosa.org)

**WorkForce Center**

406 E 7<sup>th</sup> Street Box 720 Monticello, MN 55362  
mn.gov/deed/Monticello

763-271-3700, 888-438-5627

Fax: 763-271-3701

**WorkForce Center**

1542 Northway Drive Door 2 Box 67 St. Cloud, MN 56303  
mn.gov/deed/stcloud

320-308-5320 Fax: 320-308-5173

## Transportation

\*\*\* For Medical appointments contact your insurance company and schedule a free ride. \*\*\*

**AC Transportation Clinic Cab** 800-962-3705 Fax: 763-235-2220  
304 Brighton Avenue S Buffalo, MN 55313

**Care Transportation** (Ride Net, Care Cab, Yellow Cab) 800-535-7190, 320-251-6261  
2600 7<sup>th</sup> Street N St. Cloud, MN 56303 Fax: 320-251-7930  
[www.caretransportation.com](http://www.caretransportation.com)

**Cities Edge Transportation LLC** 800-418-4211, 612-418-3203  
8182 Delano, MN 55328 Fax: 800-418-4211

**Faith in Action** [www.mnfia.org](http://www.mnfia.org)  
Benton 320-258-8673  
Sherburne 763-263-4277  
Stearns 320-258-8673  
Rural Stearns (Cold Spring area) 320-685-3693

**Foley Area C.A.R.E.** 320-968-7848 Fax: 320-968-7702  
251 4<sup>th</sup> Avenue N Box 205 Foley, MN 56329  
[www.foleyareacare.org](http://www.foleyareacare.org)

**Health Access Line** 320-656-6137  
(Stearns County for consumers with MA)

**Medica Provide a Ride** (Medica only) 800-601-1805  
401 Carlson Parkway Minnetonka, MN 55305  
[www.medica.com](http://www.medica.com)

**Minnesota Non Emergency Transportation (MNET)** 866-467-1724  
(Sherburne County for consumers with MA)

**Schumacher Transportation** 866-968-9939, 320-968-9939  
8898 175<sup>th</sup> Avenue NE Oak Park, MN 56357 Fax: 320-968-7882

**St. Cloud Metro Bus Dial A Ride** 320-251-RIDE (7433)  
665 Franklin Avenue NE St. Cloud, MN 56304  
[www.ridemetrobus.com](http://www.ridemetrobus.com)

**Tri-CAP Transit Connection** 320-202-7824 Fax: 320-529-4841  
1200 23<sup>rd</sup> Avenue S Waite Park, MN 56387  
[www.tricap.org](http://www.tricap.org)



## Additional Resources

### Abuse/Assault

**Anna Marie's Alliance** 800-950-2203, 320-253-6900  
Box 367 St. Cloud, MN 56302 Fax: 320-253-5563  
[www.annamaries.org](http://www.annamaries.org)

**Central MN Sexual Assault Center** 800-237-5090, 320-251-4357  
15 Riverside Drive NE St. Cloud, MN 56304

**Day One Services** 866-223-1111  
[www.dayoneservices.org/index.htm](http://www.dayoneservices.org/index.htm) Domestic violence programs around the state.

**Rivers of Hope** 763-295-3433 Fax: 763-295-6091  
Box 511 Monticello, MN 55362  
[www.riversofhope.org](http://www.riversofhope.org)

[www.mcbw.org/help](http://www.mcbw.org/help) Domestic violence programs for women available around the state.

### Advocacy & Legal Aid

**Central MN Legal Services** 612-334-5790  
430 1st Avenue N Suite 359 Minneapolis, MN 55401  
[www.centralmnlegal.org](http://www.centralmnlegal.org)

**Council on Crime & Justice** 612-353-3024  
822 S 3<sup>rd</sup> Street Suite 100 Minneapolis, MN 55415  
[www.crimeandjustice.org](http://www.crimeandjustice.org)

<b>Disability Advocates:</b>	<b>Outreach Services</b>	612-332-6773
	<b>St. Cloud Housing Coalition</b>	320-229-7684
	<b>Roseville Salvation Army</b>	651-746-3400

**Human Rights Office** 320-650-3133  
400 Second Street S St. Cloud, MN 56301  
[www.ci.stcloud.mn.us](http://www.ci.stcloud.mn.us)

**Legal Services** 800-360-2889, 320-253-0121  
830 W St. Germain Street Suite 300 St. Cloud, MN 56301 Fax: 320-253-5794

**Mid-Minnesota Legal Assistance** 800-292-4150 Fax: 612-334-5755  
430 1<sup>st</sup> Avenue N Suite 300 Minneapolis, MN 55401  
[www.mndlc.org](http://www.mndlc.org)

**Neighborhood Justice Center** 651-222-4703  
500 Laurel Avenue St. Paul, MN 55102  
[www.njcinc.org](http://www.njcinc.org)

**State Ombudsman**  
Mental Health & Developmental Disability 651-757-1800

### Dental

**Dental Associates of St. Paul** 651-735-0595  
1790 7<sup>th</sup> Street E St. Paul, MN 55119  
[www.dentalassociatesmn.com](http://www.dentalassociatesmn.com)

**K.O.A.L.A. Dental Care** 763-682-6441  
20 1<sup>st</sup> Avenue S Buffalo, MN 55313  
[www.themolardoctors.com](http://www.themolardoctors.com)

**K.O.A.L.A. Dental Care** 866-337-4897, 320-253-8380  
1521 Northway Drive St. Cloud, MN 56303  
[www.themolardoctors.com](http://www.themolardoctors.com)

**St. Cloud Technical College Dental Clinic** 320-308-5919 Fax: 320-308-5055  
1540 Northway Drive St. Cloud, MN 56303

**University of Minnesota School of Dentistry** 612-625-2495  
Moos Tower 515 Delaware Street SE Minneapolis, MN 55455  
[www.dentistry.umn.edu](http://www.dentistry.umn.edu)

### Interpreters/Cultural Competence

**A-Z Friendly Languages** 763-566-4312 Fax: 763-503-3977

**All in One Translation Agency, LLC** 952-435-0799 Fax: 952-435-0696

**Arch Language Network** 651-789-7897 Fax: 651-789-7898

**Betmar Languages** 763-572-9711 Fax: 763-571-3467  
6260 Highway 65 NE Suite 308 Minneapolis, MN 55432  
[www.betmar.com](http://www.betmar.com)

**Bridge World Language Center, Inc.** 320-259-9239 Fax: 320-654-1698  
110 2<sup>nd</sup> Street Suite 213 Box 646 Waite Park, MN 56387  
[www.bridgelanguage.com](http://www.bridgelanguage.com)

**Garden & Associates, Inc.** 952-920-6160  
4301 Highway 7 Suite 140 St. Louis Park, MN 55416 Cell: 952-922-8150  
[www.gardentranslation.com](http://www.gardentranslation.com)

**Kim Tong Translation Services**

612-724-5962 Fax: 612-724-4006

**Language Line**

800-752-0696

### Nutrition

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

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

**Benton County Human Services**

800-530-6254, 320-968-5087

**Sherburne County Human Services**

800-433-5239, 763-765-4000

**Stearns County Human Services**

800-450-3663, 320-656-6000

**Wright County Human Services**

800-362-3667, 763-682-7400

**SNAP Hotlines**

Twin Cities Metro Area: 651-431-4050

Outside Metro Area: 800-657-3698

**Annandale Food Shelf**

320- 274-FOOD (3663)

**Becker Food Shelf**

763-261-4612

**Big Lake Community Food Shelf**

763-263-2432

**Buffalo Food Shelf**

763-684-1699

**CAER Food Shelf (Elk River)**

763-441-1020

**Catholic Charities Emergency Services Food Shelf**

St. Cloud, Sauk Rapids, Sartell, St. Augusta & Waite Park communities: 320-229-4560

**Clearwater -Clear Lake Emergency Food shelf**

320-558-2954

**C.R.O.S.S. Center (Serves Benton County; located in Foley):**

320-968-7012

**Monticello Food Shelf**

763-295-4031

**Salvation Army (St. Cloud)**

320-252-4552

**Wright Community Action Agency (Waverly)**

320- 963 – 6500 OR 763- 658 - 4414

**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>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</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>Minnesota 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>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.

**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 Alternatives for Disabled Individuals (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.

**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.

**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.

**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 a number of 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).

**Group Residential Housing (GRH):** 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.

**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.

**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.

**Intensive Residential Treatment (IRT):** 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.

**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 are able to 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.

**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.

**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.

**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).

**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

# 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?**

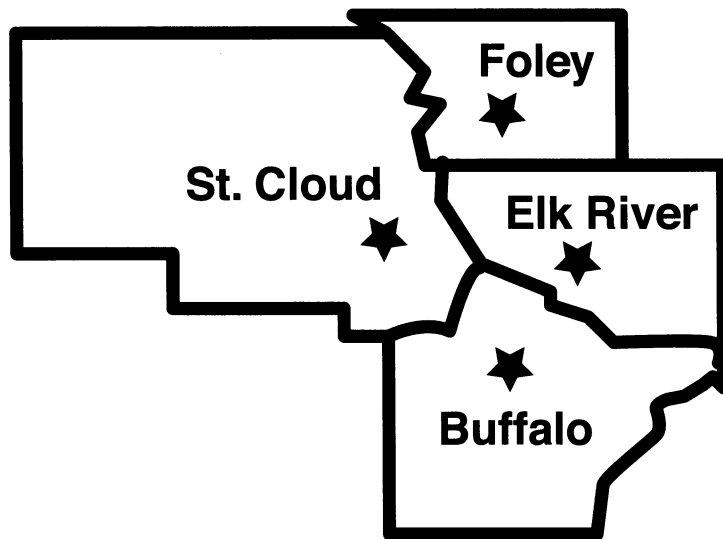
Be patient. Continue to encourage them to seek help, let them know they don't have to feel this way. Don't get into arguments about it – that won't help. Attend a NAMI class or support group to learn more. Read the book "I'm Not Sick I Don't Need Help."

**MENTAL ILLNESS IS AS COMMON AS BROWN EYES.**

For more information and resources, visit [MakeItOK.org](http://MakeItOK.org)



# CommUNITY



\*Contact the CommUNITY Adult Mental Health Initiative  
with any updated information at 320-968-5277\*