



Adult Mental Health Initiative

Benton, Sherburne, Stearns & Wright Counties

www.mnmentalhealth.org

Mental Health Resource Guide

For Adults

www.mnmentalhealth.org

**Four County Crisis
Response Team**
800-635-8008

Crisis Text Line
Text "MN" to 741741



Adult Mental Health Initiative

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

320-968-5277 Fax: 320-968-5330
camhi@co.benton.mn.us

Crisis

Crisis Nursery: **Benton & Stearns County**
Sherburne County
Wright County

320-654-1090
800-433-5239, 763-765-4000
320-406-8606

Four County Crisis Response Team

800-635-8008, 320-253-5555

MN Warm Line (Peer Support Connection)

844-739-6369 (Call or Text; limited hours)

National Suicide Hopeline Hotline

800-SUICIDE (784-2433)

SAVE Suicide Hotline

888-511-SAVE (7283)

988 Suicide & Crisis Lifeline

988 (Call or Text)

Press "1" for Veterans; Press "2" for Español; Press "3" for LGBTQI+ Youth

Crisis Text Line (Suicide Prevention Resource)

Text "MN" to 741741

Veterans Homeless Line

877-4- AID –VET (877-424-3838)

County Agencies

Benton County

www.co.benton.mn.us

Human Services

800-530-6254, 320-968-5087

531 Dewey Street Box 740 Foley, MN 56329

Sheriff's Office

320-968-7201

581 Highway 23 Box 159 Foley, MN 56329

Sherburne County

www.co.sherburne.mn.us

Human Services

800-433-5239, 763-765-4000

Sheriff's Office

763-765-3500

13880 Business Center Drive NW Suite 100 Elk River, MN 55330

Stearns County

www.co.stearns.mn.us

Human Services

800-450-3663, 320-656-6000

Sheriff's Office

320-259-3700

705 Courthouse Square St. Cloud, MN 56303

Wright County

www.co.wright.mn.us

Health and Human Services

800-362-3667, 763-682-7400

3650 Braddock Avenue NE Suite 2100 Buffalo, MN 55313

Sheriff's Office

763-682-1162

3800 Braddock Avenue NE Buffalo, MN 55313

More providers in each category can be found at: www.mnmentalhealth.org

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Behavioral Health Hospitals

- Abbott Northwestern Hospital** 612-863-4000
800 E 28th Street Minneapolis, MN 55407
www.abbottnorthwestern.com
- Hennepin County Medical Center** 612-873-3000
701 Park Avenue Minneapolis, MN 55415
www.hcmc.org
- Hutchinson Medical Center** 320-484-4610
1071 MN-15 (Plaza 15) Hutchinson, MN 55350
www.hutchhealth.com
- Mercy Hospital** Coon Rapids: 763-236-6000
Fridley- Unity Campus: 763-236-5000
4050 Coon Rapids Boulevard Coon Rapids, MN 55433
550 Osborne Road Fridley, MN 55432
www.allinamercy.org
- North Memorial Medical Center** 763-520-5200
3300 Oakdale Avenue N Robbinsdale, MN 55422
www.northmemorial.com
- St. Cloud Hospital** 320-251-2700
Behavioral Access Nurse 320-255-5774 Fax: 320-656-7106
1406 6th Avenue N St. Cloud, MN 56303
www.centracare.com
- United Hospital** 651-241-8000
333 Smith Avenue N St. Paul, MN 55102
www.alinahealth.org/united-hospital
- University of Minnesota Medical Center Behavioral Emergency** 612-273-5640
2312 S 6th Street Minneapolis, MN 55454
www.mhealth.org

Community Behavioral Health Hospital

- *Accessed through Central Pre-Admissions 866-966-2337 Fax: 763-712-4119
- Annandale** 651-259-3850 Fax: 320-274-7019
400 Annandale Boulevard Annandale, MN 55302

Mental Health Treatment

Assertive Community Treatment (ACT)

Great River ACT – St. Cloud 320-253-4120 Fax: 320-253-4179
411 3rd Street N Suite 4 Waite Park, MN 56387
www.cmmhc.org

Great River ACT – Monticello 763-271-5340 Fax: 763-271-5350
407 Washington Street Monticello, MN 55362
www.cmmhc.org

Counseling & Psychiatric Services

Bridge Healing Center 320-774-1597 Fax: 320-774-0414
(Specializes in East African and immigrant populations)
22 Wilson Avenue NE Suite 109 St. Cloud, MN 56304
<https://www.bridgehealingcenter.com/>

Bridging Hope Counseling 763-291-5505 Fax: 763-682-2449
311 Brighton Avenue S Suite B Buffalo, MN 55313
www.bridginghopecounseling.com

Bridging Hope Counseling 763-291-5505 Fax: 763-657-0819
21000 Rogers Drive Suite 100 & 200 Rogers, MN 55374
www.bridginghopecounseling.com

Center for Psychological Services 320-255-0343 Fax: 320-654-0318
600 25th Avenue S Suite 109 St. Cloud, MN 56301
www.scpsychologicalservices.com

Central Minnesota Mental Health Center 763-682-4400 Fax: 763-682-1353
308 12th Avenue S Buffalo, MN 55313
www.cmmhc.org

Central Minnesota Mental Health Center 763-441-3770 Fax: 763-441-9057
253 8th Street NW Suite A Elk River, MN 55330
www.cmmhc.org

Central Minnesota Mental Health Center 763-295-4001 Fax: 763-295-5086
407 Washington Street Monticello, MN 55362
www.cmmhc.org

Central Minnesota Mental Health Center 320-252-5010 Fax: 320-252-0908
1321 N 13th Street St. Cloud, MN 56303
www.cmmhc.org

- Core Professional Services** 320-202-1400 Fax: 320-202-8662
 110 14th Avenue E Sartell, MN 56377
www.coreprofessionalservices.com
- Dept of Veterans Affairs–St. Cloud Medical Center** 320-252-1670
 4801 Veterans Drive St. Cloud, MN 56301
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
- Fairview Northland Medical Center** 763-389-1313
 911 Northland Drive Princeton, MN 55371
www.fairview.org
- Family Counseling Center** 763-682-5420 Fax: 763-682-5803
 102 Marty Drive Suite 2 Buffalo, MN 55313
www.fccmn.com/Contact-Us.html
- Granit City Counseling, a Program of Catholic Charities**
 911 18th Street N St. Cloud, MN 56303 320-650-1660 Fax: 320-650-1672
www.ccstcloud.org
- Lutheran Social Services** 320-251-7700 Fax: 320-251-8898
 22 Wilson Avenue NE Suite 110 St. Cloud, MN 56304
www.lssmn.org
- Milestone Counseling Inc.** 320-774-1621 Fax: 320-774-1624
 333 W Division Street Suite 119 St. Cloud, MN 56304
www.stcloudcounselors.com
- Nystrom & Associates, LTD** 763-367-6080 Fax: 763-263-7897
 207 Jefferson Boulevard Big Lake, MN 55309
www.nystromcounseling.com
- Nystrom & Associates, LTD** 763-746-9492 Fax: 763-746-3685
 9245 Quantrelle Avenue Otsego, MN 55330
www.nystromcounseling.com
- Nystrom & Associates, LTD** 320-253-3512 Fax: 320-253-1037
 101 Dehler Drive Sartell, MN 56377
www.nystromcounseling.com
- Pathways Psychological Services, P.A.** 763-525-8590 Fax: 763-525-8592
 19230 Evans Street NW Suite 202A Elk River, MN 55330
www.pathwayspsych.com

Processus Counseling and Consulting Services 320-252-2976 Fax: 320-656-1570
110 2nd Street S Suite 301 Waite Park, MN 56387
www.processus-counseling.com

Psychotherapeutic Resources 320-253-3715 Fax: 320-252-2567
1411 W Saint Germaine St Suite 105 St. Cloud, MN 56303
www.yourcaringresource.com

Serenity Mental Health Services 320-455-9888 Fax: 320-310-0983
15 2nd Street NW Buffalo, MN 55313
www.serenitymentalhealthservices.com

St. Cloud Hospital – Behavioral Health Clinic 320-229-4977 Fax: 320-229-5179
1900 CentraCare Circle Suite 2475 St. Cloud, MN 56303
www.centracare.com

Solutions Behavioral Healthcare Professionals 320-351-4871 Fax: 320-351-4871
508 Main Street S Sauk Centre, MN 56378
www.solutionsinpractice.org

Solutions Behavioral Healthcare Professionals 320-281-5305 Fax: 320-281-5306
1801 Amber Avenue S Sartell, MN 56377
www.solutionsinpractice.org

Solutions Counseling 763-515-4563 Fax: 763-497-0552
703 Theilan Drive SE St. Michael, MN 55376
www.helpwithsolutions.com

The Center for Family Counseling 320-253-3540 Fax: 651-383-4931
2025 Stearns Way Suite 111 St. Cloud, MN 56303
www.thecenterforfamilycounseling.com

The Center for Hope & Healing 763-633-5111 Fax: 763-633-5112
11070 183rd Circle Suite C Elk River, MN 55330
www.thecenter4hopeandhealing.com

Village Family Service Center 320-253-5930, 800-627-8220
110 6th Avenue S Suite 100 St. Cloud
Fax: 320-925-0057
www.thevillagefamily.org

Day Treatment

Central Minnesota Mental Health Center 763-682-4400 Fax: 763-682-1353
308 12th Avenue S Buffalo, MN 55313
www.cmmhc.org

Central Minnesota Mental Health Center
1321 N 13th Street St. Cloud, MN 56303
www.cmmhc.org

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

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

Refractions

22575 43rd Avenue St. Augusta, MN 56301

320-252-6017 Fax: 320-252-6278

12256 Fountain Road Little Falls, MN 56345

320-313-1705 Fax: 320-316-2371

SpringPath Recovery & Crisis Residence (formerly ResCare)

763-241-2142

633 Upland Avenue NW Elk River, MN 55330

Fax: 763-441-4771

<https://springpathmentalhealth.com/>

Chemical Dependency/Addiction

Al-Anon

888-425-2666

www.al-anon.org

Alano Club

www.onlinealano.org

www.alanoclubs.org

Alcoholics Anonymous (AA)

St. Cloud Area: 320-202-1895

www.aastcloud.org

Greater Minneapolis Area 952-922-0880

www.aaminneapolis.org

Behavioral Health Fund (for public health insurance/PMAP you can call the provider of your choice)

For questions regarding eligibility or to apply for funds contact your local county

Benton

320-968-5087 Fax: 320-968-5330

Sherburne

763-765-4000 Fax: 763-765-4096

Stearns

320-656-6000 Fax: 320-656-6447

Wright

763-684-2343 Fax: 763-682-7701

Detoxification

1350 14th Street St. Cloud, MN 56303

320-252-6654 Fax: 320-529-1975

Gamblers Anonymous

855-2CALLGA (855-222-5542)

www.gamblersanonymous.org

Narcotics Anonymous (NA)

877-767-7676

www.naminnnesota.org

Treatment Centers

- Anchor Recovery** 763-250-7357 Fax: 855-221-4223
71st ST NE Unit 6 Buffalo, MN 55313
13750 Crosstown Drive Northwest Suite 10 Andover, MN 55304
<https://anchormn.com/>
- CentraCare- St. Cloud Hospital Addiction Services** 800-742-4357, 320-229-3760
3701 12th Street N St. Cloud, MN 56303 Fax 320-229-3763
<https://www.centracare.com/locations/centracare-st-cloud-hospital-addiction-services/>
- Central Minnesota Mental Health Center** 763-682-4400 Fax: 763-682-1353
308 12th Avenue S Buffalo, MN 55313
www.cmmhc.org
- Central Minnesota Mental Health Center** 763-295-4001 Fax: 763-295-5086
407 Washington Street Monticello, MN 55362
www.cmmhc.org
- Central Minnesota Mental Health Center** 320-252-5010 Fax: 320-252-0908
1321 N 13th Street St. Cloud, MN 56303
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
- New Beginnings Minnesota** 763-658-5800, 800-487-8758
109 Northshore Drive Waverly, MN 55390
www.nbminnesota.com
- Nystrom & Associates, LTD** 320-253-3512 Fax: 320-253-1037
101 Dehler Drive Sartell, MN 56377
www.nystromcounseling.com
- Professional Counseling Center** Fax: 763-972-3965
7 Highway 55 Buffalo, MN 55313 763-682-2829
1262 Crossings Drive Delano, MN 55328 763-972-6527
www.professionalcounselingcenters.com
- Sobriety First** 320-251-0035 Fax: 320-251-0209
313 W Broadway Monticello, MN 55362
266 33rd Avenue S St. Cloud, MN 56301
520 4th Street S Sauk Centre, MN 56378
<http://sobrietyfirstllc.com/>

St. Cloud Metro Treatment Center (Methadone) 320-202-1909 Fax: 320-202-1910
524 25th Avenue N St. Cloud, MN 56303
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 800-530-6254, 320-968-5087

Sherburne County www.co.sherburne.mn.us 800-433-5239, 763-765-4000

Stearns County www.co.stearns.mn.us 800-450-3663, 320-656-6000

Wright County www.co.wright.mn.us 800-362-3667, 763-335-0276

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

Central MN Re-Entry Project (Ex-offenders) 320-656-9004
1121 Lincoln Ave Sauk Rapids, MN 56379
PO Box 2391 St. Cloud, MN 56302
www.cmnrp.org

Disability HUB MN 866-333-2466
www.disabilityhub.mn.org

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

Love INC – Big Woods (Annandale, Buffalo, Maple Lake, Hanover)
1111 N Hwy 25 Box 368 Buffalo, MN 55313 763-682-2550
www.loveincbigwoods.org

Love INC – Heartland (Cokato, Delano, Howard Lake, Montrose, Rockford, and Waverly)
318 Railroad Avenue Box 143 Delano, MN 55328 763-972-6547 Fax: 763-972-6548
www.loveincheartland.org

Mental Health Minnesota 800-862-1799, 651-493-6634
2233 University Ave. W., Ste 200 St. Paul, MN 55114
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

Senior Linkage Line	800-333-2433
United Way First Call for Help www.211unitedway.org	211, 800-543-7709
Wright County Community Action, Inc. 130 W Division Street Maple Lake, MN 55358 www.wccaweb.com	320-963-6500 Fax: 320-963-5745

Community Support Program (CSP)

Benton & Stearns County Catholic Charities – Hope CSP 157 Roosevelt Road Suite 300 St. Cloud, MN 56301 www.ccstcloud.org	800-831-8254, Ext 3324 320-240-3324 Fax: 320-240-3339
Wright County CSP	763-682-7242
Sherburne County CSP	763-441-3770

Personal Care Attendant (PCA)

Contact your insurance or county Public Health Department to access services
Contact Disability HUB MN for list of PCA agencies

Disability HUB MN www.disabilityhub.mn.org	866-333-2466
Accurate Home Care	763-633-3800
Arise Home Health Care	320-230-6348
Barnabas Home Care	800-434-7225
Country Manor	320-253-3343
DMT Homehealth Services	763-856-3051
Mains'l	763-494-4553
Meridian Services/Orion	320-255-5151
North Country Home Care	763-856-9955
Prairie River Home Care	320-255-1882
Recover Health	320-774-0777

Veteran's Services

Eagles Healing Nest 320-351-6200
310 US-71 N Unit 881 Sauk Centre, MN 56378
www.eagleshealingnest.org

Minnesota Department of Veterans Affairs
<https://mn.gov/mdva>

St. Cloud VA Health Care System 320-252-1670
4801 Veterans Drive St. Cloud, MN 56303

Veterans Linkage Line 888-LINKVET (546-5838)

Veteran Resource & Enrichment Center* (VREC) 320-204-5660
501 17th Avenue N St. Cloud, MN 56303
<https://www.vrecmn.com/>
*Does not require service member to be VA connected in order to receive services

Veterans Services

Benton County 320-968-5044 Fax: 320-968-5239
531 Dewey St Foley, MN 56329

Sherburne County 763-765-3100 Fax: 763-765-3124
13880 Business Center Drive NW Elk River, MN 55330

Stearns County 320-656-6176 Fax: 320-656-6257
3301 County Road 138 Waite Park, MN 56387

Wright County 763-682-7325 Fax: 763-682-4554
3650 Braddock Ave NW Suite 1900 Buffalo, MN 55313

Adult Rehabilitative Mental Health Services (ARMHS)

The following table is based on the list of ARMHS Certified Providers published by the Minnesota Department of Human Services (DHS) on their website. The table below is not a full list of all providers approved for ARMHS services, the full list of providers can be found on the DHS website (<https://mn.gov/dhs/>) and searching "ARMHS Providers". Information is as of December 1, 2023.

		Benton	Sherburne	Stearns	Wright
Catholic Charities	320-240-3324 Fax: 320-240-3339				
157 Roosevelt Road Suite 300 St. Cloud, MN 56301 www.ccstcloud.org		X	X	X	
Central MN Mental Health Center	763-682-4400 Fax: 763-682-1353				
1321 13 th Street N, St. Cloud, MN, 56303 308 12 th Avenue S Buffalo, MN 55313 www.cmmhc.org		X	X	X	X
Family Support Services, Inc. (A division of Nystrom & Associates, LTD.)	St. Cloud: 320-253-3512 Fax: 320-253-1037 Otsego: 763-746-9492 Fax: 763-746-3685				
101 Dehler Drive Sartell, MN 56377 9245 Quantrelle Avenue Otsego, MN 55330 www.nystromcounseling.com		X	X	X	X
Recover Health Resources, LLC (Specializes in East African and Refugee populations)	320-259-1369 Fax: 320-259-1938				
2719 W Division Street Suite #5 Saint Cloud, MN 56301 http://www.recoverhealthresources.com				X	
Rise	320-656-5608 Fax: 320-656-5617				
3400 First Street N Suite 105 St. Cloud, MN 56303 www.rise.org		X	X	X	X
Solutions Behavioral Healthcare Professionals	320-281-5305 Fax: 320-281-5306				
1801 Amber Avenue S Sartell, MN 56377 www.solutionsinpractice.org		X	X	X	
We Care LLC	320-281-4449 Fax: 320-281-4819				
136 Division Street Waite Park, MN 56387 https://wecaremn.org/		X	X	X	X

Financial

Energy Assistance

Salvation Army (Wright) 763-682-2205
2051 50th Street NE, Door #2 Buffalo, MN 55376
<http://salvationarmynorth.org>

Salvation Army (Social Services Office- Sherburne County)
115-A Henry Road Big Lake, MN 55309 612-223-6911
<http://salvationarmynorth.org>

Salvation Army (Benton & Stearns) 320-252-4552 Fax: 320-252-1424
400 Highway 10 S St. Cloud, MN 56304
<http://salvationarmynorth.org>

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

Medication & Prescriptions

Partnership for Prescription Assistance 888-477-2669
www.pparx.org

Rx Assist Patient Assistance Program Center
www.rxassist.org

Rx Outreach 800-769-3880 Fax: 800-875-6591
www.rxoutreach.org

Rx Hope
www.rxhope.com

Together Rx Access 800-444-4106
www.togetherrxaccess.com

Other Information & Financial Resources

Bridge to Benefits
www.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

Catholic Charities Emergency Services (Benton, Sherburne, Stearns)
157 Roosevelt Road Suite 100 St. Cloud, MN 56301 800-830-8254 (toll free)
www.ccstcloud.org 320-229-4560 Fax: 320-229-4562

Catholic Charities of St. Paul and Minneapolis (Wright) 651-291-0211
1200 2nd Avenue S Minneapolis, MN 55403
www.cctwincities.org

Crisis Housing Assistance Program 952-915-3698
<https://arcmnnesota.org/ways-we-can-help/housing-access-services/crisis-housing-assistance-program/>

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

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

MnSure 855-3-MNSURE (855-366-7873)
www.mnsure.org

Public Utilities Commission (phone lines) 800-657-3782
www.mn.gov/puc/consumers

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

Salvation Army (Sherburne) 612-223-6911
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
<https://centralusa.salvationarmy.org/northern/StCloud/>

Salvation Army (Wright) 763-682-2205
2051 50th Street NE, Door #2 Buffalo, MN 55376
<http://salvationarmynorth.org>

The 30-Days Foundation 952-334-9996 (Text or Email only)
The30DaysFoundation@live.com
8014 Olson Memorial Hwy #195 Golden Valley, MN 55427
<https://www.the30-daysfoundation.org/>

The Village Family Service Center 320-253-5930, 800-627-8220
110 6th Avenue S, Suite 100 St. Cloud Fax: 651-925-0057
www.thevillagefamily.org

United Way 2-1-1
www.unitedwayhelps.org/

Wright County Community Action, Inc. 320-963-6500 Fax: 320-963-5745
130 W Division Street Maple Lake, MN 55358
www.wccaweb.com

Social Security

Disability Specialists 800-642-6393 Fax: 218-666-3136
www.disabilityspecialists.net

Social Security Administration 877-405-1446 Fax: 833-902-2696
3800 Veterans Drive Suite 100 St. Cloud, MN 56303
www.ssa.gov

SSI/SSDI Outreach, Access and Recovery (SOAR) www.prainc.com/SOAR

Housing

Adult Foster care (contact your county social service agency)

Call to Connect Helpline 866-560-7464
(Telephone service providing information and resources for those experiencing homelessness or at risk of becoming homeless. Serves Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Stearns, Sherburne, Todd, and Wright counties)

Catholic Charities – Transitional Housing 800-830-8254 ext. 3326, 320-240-3326
157 Roosevelt Road Suite 300 St. Cloud, MN 56301 Fax: 320-240-3339
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

Central Minnesota Habitat for Humanity 320-656-8890 Fax: 320-656-8841
3335 W. St. Germain St, Suite 108 St. Cloud, MN 56301
www.cmhfh.org

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

- Crisis Housing Assistance Program** 952-915-3698
<https://arcminnesota.org/ways-we-can-help/housing-access-services/crisis-housing-assistance-program/>
- HOME Line** (Tenant advocacy organization) 866-866-3546, 612-728-5767
 8011 34th Avenue S Suite 126 Bloomington, MN 55425
<https://homelinemn.org/>
- HousingLink** (Affordable housing search resource) 612-522-2500
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
- Housing & Redevelopment Authority (HRA)** 320-685-7771 Fax: 320-685-7580
 401 West Wind Court Cold Spring, MN 56320
 (Serves rural Stearns County)
www.stearnscountymn.gov/432/Housing-Redevelopment-Authority
- MafoMN** (Housing and service listings for people with disabilities)
www.mafoMN.com/
- Minnesota Homeownership Center**
www.hocmn.org
- Rise** 320-656-5608 Fax: 320-656-5617
 3400 First Street N Suite 105 St. Cloud, MN 56303
www.rise.org
- Tri-CAP, Inc.** (Benton, Sherburne & Stearns) 888-765-5597, 320-251-1612
 1210 23rd Avenue S Box 683 Waite Park, MN 56387 Fax: 320-255-9518
www.tricap.org
- US Department of Housing and Urban Development** (Low-rent apartment search)
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

Board and Lodge

- Catalina Homes** Referrals/New Admits 320-699-6430 Fax: 320-281-3533
305 2nd Avenue S Sauk Rapids, MN 56379 320-217-8948
129 Wilson Avenue SE St. Cloud, MN 56304 320-281-3650
920 3rd Street N Waite Park, MN 56387 320-217-8915
- Cumming's Care Center** 320-251-3447
216 3rd Avenue S Box 7 Sauk Rapids, MN 56379
<http://cumming scarecenter.com/>
- Dream Center of St. Cloud** (single men) 320-656-1550 Fax: 320-774-1264
529 16th Avenue N St. Cloud, MN 56303
www.dreamcenterstcloud.org
- Homestyle Living** 320-281-3704 Fax: 320-253-1671
1312 First Street N St. Cloud, MN 56303
- Lange's** 763-662-2836 Fax: 763-402-7581
13892 37th Street Clear Lake, MN 55319
<http://www.langeboardandroom.com>
- Murphy's Boarding Home** 320-251-6567
1101 3rd Street N St. Cloud, MN 56303
- Place of Hope Ministries** 320-203-7881 Fax: 320-203-7882
511 N 9th Avenue St. Cloud, MN 56303
www.placeofhopeministries.com
- Rivercrest – Chronic Inebriate Housing** 320-217-7970 Fax: 320-217-7971
1315 Lincoln Avenue SE St. Cloud, MN 56304
www.centercityhousing.org
- Washington Place LLC** 320-203-1707
820 8th Avenue S St. Cloud, MN 56301

Emergency Shelters

Anna Marie’s Alliance (for women and children) 800-950-2203, 320-253-6900
 Box 367 St. Cloud, MN 56302 Fax: 320-253-5563
www.annamaries.org

Place of Hope Ministries 320-203-7881 Fax: 320-203-7882
 511 9th Avenue N St. Cloud, MN 56303
www.placeofhopeministries.org

Salvation Army 320-252-4552 Fax: 320-252-1424
 400 Highway 10 S St. Cloud, MN 56304
<https://centralusa.salvationarmy.org/northern/StCloud/>

Terebinth Refuge (for sexually exploited and trafficked women)
 110 2nd Street S Suite 231 Waite Park, MN 56387 Office:320-828-7721
<https://www.terebinthrefuge.org/> Crisis line, call or text: 320-428-4707

Transitional Housing

Catholic Charities – DOMUS Transitional Housing 320-259-9270 Fax: 320-259-4967
 Box 1416 St. Cloud, MN 56302
www.ccstcloud.org

Salvation Army – Central Minnesota Program 320-252-4552
 400 Highway 10 S St. Cloud, MN 56304
<http://salvationarmynorth.org>

	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

- CareerForce Center** (formerly WorkForce Center) 763-271-3700, 888-438-5627
406 E 7th Street Box 720 Monticello, MN 55362 Fax: 763-271-3701
www.mn.gov/deed/Monticello
- CareerForce Center** (formerly WorkForce Center) 320-308-5320 Fax: 320-308-5173
1542 Northway Drive Door 2 Box 67 St. Cloud, MN 56303
www.mn.gov/deed/stcloud
- Central Minnesota Jobs & Training Services** 800-284-7425, 763-271-3700
406 E 7th Street Box 720 Monticello, MN 55362
www.cmjts.org
- Functional Industries** 763-682-4336 Fax: 763-682-9692
1801 Highway 25 N Box 336 Buffalo, MN 55313
www.functionalindustries.org
- Goodwill – Easter Seals Minnesota** 320-654-9527 Fax: 320-654-9542
50 S 2nd Avenue Waite Park, MN 56387
www.goodwilleasterseals.org
- Goodwill – Easter Seals Minnesota** 763-274-1823 Fax: 763-274-1825
19624 Holt Street NW Elk River, MN 55330
www.goodwilleasterseals.org
- Opportunity Services** 320-203-7750 Fax: 320-203-7751
1717 W Saint Germain Street St. Cloud, MN 56303
www.oppserv.org
- Rise** 320-656-5608 Fax: 320-656-5617
3400 1st Street N Suite 105 St. Cloud, MN 56303
www.rise.org
- Vocational Rehabilitation Services** 763-271-3700, 888-438-5627
406 E 7th 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

Transportation

Blue Button Transportation LLC 15861 101 st Street SE Becker, MN 55308	320-266-7418
Blue Plus Transportation Services	866-340-8648
Faith in Action Benton Sherburne Stearns Rural Stearns (Cold Spring area)	www.grfia.org 320-258-8673 763-263-4277 320-258-8673 320-685-3693
Foley Area C.A.R.E. (Benton County) 251 4 th Avenue N Box 205 Foley, MN 56329 www.foleyareacare.org	320-968-7848 Fax: 320-968-7702
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
MTM (non-emergency medical transportation)	866-467-1724
Trailblazer Transit (Wright County) 207 West 11 th Street Glencoe, MN 55336 115 Commerce Circle Buffalo, MN 55313	888-743-3828 Fax: 320-864-1910
U-Care Health Ride	800-864-2157

Additional Resources

Abuse/Assault

Anna Marie's Alliance (Domestic Violence) Box 367 St. Cloud, MN 56302 www.annamaries.org	800-950-2203, 320-253-6900 Fax: 320-253-5563
Central MN Sexual Assault Center 15 Riverside Drive NE St. Cloud, MN 56304 https://cmsac.org	800-237-5090, 320-251-4357 Fax: 320-251-4670

Rivers of Hope (Domestic Violence)
Box 511 Monticello, MN 55362
www.riversofhope.org

763-295-3433 Fax: 763-295-6091

Terebinth Refuge (for sexually exploited and trafficked women)
110 2nd Street S Suite 231 Waite Park, MN 56387 Office:320-828-7721
<https://www.terebinthrefuge.org/> Crisis line, call or text: 320-428-4707

Advocacy & Legal Aid

Central Minnesota Legal Services 800-622-7773, 320-253-0138
110 6th Avenue S Suite 205 St. Cloud, MN 56301 Fax: 320-253-5794
www.centralmnlegal.org

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

HOME Line (Free legal help for renters) 612-728-5767 (Metro)
866-866-3546 (Greater MN)
8011 34th Ave S Suite 126 Bloomington, MN 55425
<https://homelinemn.org/>

Human Rights Office 320-650-3133
400 2nd Street S St. Cloud, MN 56301
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 1st Avenue N Suite 300 Minneapolis, MN 55401
www.mndlc.org

Neighborhood Justice Center 651-222-4703
500 Laurel Avenue St. Paul, MN 55102
www.njcinc.org

State Ombudsman
Mental Health & Developmental Disability 651-757-1800
www.mn.gov/omhdd/

Dental

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>

Community Dental Care

3650 Braddock Avenue NE Suite 200 Buffalo, MN 55313

<https://www.cdentc.org/buffalo>

763-270-6900 Fax: 763-682-7099

Email: infobu@cdentc.org

Dental Associates of St. Paul

1790 7th Street E St. Paul, MN 55119

www.dentalassociatesmn.com

651-735-0595

K.O.A.L.A. Dental Care

20 1st Avenue S Buffalo, MN 55313

www.themolardoctors.com

763-682-6441

K.O.A.L.A. Dental Care

1521 Northway Drive St. Cloud, MN 56303

www.themolardoctors.com

866-337-4897, 320-253-8380

Park Dental Elk River

18230 Zane Avenue NW Elk River, MN 55330

www.parkdental.com

763-201-1313

St. Cloud Technical College Dental Clinic

1540 Northway Drive St. Cloud, MN 56303

<http://www.sctcc.edu/dental-clinic>

320-308-5919 Fax: 320-308-5055

Today's Dental St. Cloud

4128 2nd Street S St. Cloud, MN 56301

www.todaysdentalminnesota.com

320-774-2556

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

800-367-9559

Minnesota Relay

(Telecommunications Relay Services (TRS) for deaf, deafblind, hard of hearing or speech disabled individuals)

7-1-1

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 ext. 7400, 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

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

Monticello Food Shelf 763-295-4031

Ruby's Pantry Find sites and dates here: <https://www.rubyspantry.org/find-location>

Salvation Army (St. Cloud) 320-252-4552

Wright County Community Action Agency (Waverly) 320-963-6500 OR 763-658-4414

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

Websites

ADHD Resources & Info	https://www.aacap.org/
The Arc (Intellectual and developmental disabilities advocacy)	https://arcminnesota.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
Eyes On The Horizon Consulting (mental health services for farmers and their families)	https://www.eyesonthehorizon.org/
Fast-Tracker – Your link to MN Resources	www.fast-trackermn.org
Findhelp.org	https://www.findhelp.org/
Help for Depression	www.helpfordepression.com
HousingLink	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.ombudmddd.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 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.

ARMHS are mental health services that are rehabilitative and enable the member to develop and enhance psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills when these abilities are impaired by the symptoms of mental illness. The services also enable a member to retain stability and functioning if he or she is at risk of losing significant functionality or being admitted to a more restrictive service setting without these services. The services instruct, assist and support a member in areas such as medication education and monitoring, and basic social and living skills in mental illness symptom management, household management and employment-related or community living transitions.

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.

Certified Community Behavioral Health Clinic (CCBHC): is an integrated clinic and service delivery model that uses a cost-based reimbursement structure. Originally a federal demonstration project from 2017-2019, this new service delivery model aims to integrate mental health and substance use disorder service provision, coordinate care across settings and

providers to ensure seamless transitions for individuals across the full spectrum of health and social services, increase consistent use of evidence-based practices, and increase access to high-quality care.

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.

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).

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 Supports (formerly 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.

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 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.

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.

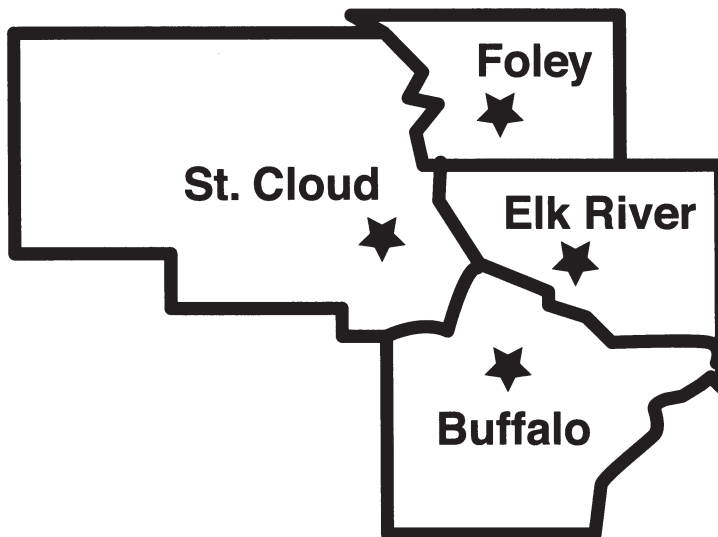
Special Needs BasicCare (SNBC): is a voluntary managed care program for people with disabilities ages 18 through 64 who have Medical Assistance. Enrollees may have a care coordinator or navigator to help them get health care and support services. SNBC health plans coordinate with other payers including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

Spendedown: 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

CommUNITY



Contact the CommUNITY Adult Mental Health Initiative with any updated information at 320-968-5277 or via email at CAMHI@co.benton.mn.us

Printed February 2024 Vol. 12

The information contained in the Adult Mental Health Resource Guide is thought 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.