Mental Health Resource Guide
For Adults

www.mnmentalhealth.org

Four County Crisis Response Team 800-635-8008

Crisis Text Line
Text “MN” to 741741
<table>
<thead>
<tr>
<th><strong>Adult Mental Health Initiative</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CommUNITY Adult Mental Health Initiative</strong></td>
</tr>
<tr>
<td>531 Dewey Street Box 740 Foley, MN 56329</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Crisis</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Crisis Nursery:</strong> Benton &amp; Stearns County</td>
</tr>
<tr>
<td>Sherburne County</td>
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<tr>
<td>Wright County</td>
</tr>
</tbody>
</table>

| 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 |

| **Crisis Text Line** (Suicide Prevention Resource) | Text “MN” to 741741 |

| **Veterans Homeless Line** | 877-4- AID –VET (877-424-3838) |

<table>
<thead>
<tr>
<th><strong>County Agencies</strong></th>
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<tbody>
<tr>
<td><strong>Benton County</strong></td>
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<tr>
<td><strong>Human Services</strong></td>
</tr>
<tr>
<td>531 Dewey Street Box 740 Foley, MN 56329</td>
</tr>
<tr>
<td><strong>Sheriff’s Office</strong></td>
</tr>
<tr>
<td>581 Highway 23 Box 159 Foley, MN 56329</td>
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</tbody>
</table>

| **Sherburne County** | [www.co.sherburne.mn.us](http://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](http://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](http://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 |
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### Behavioral Health Hospitals

<table>
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<th>Hospital</th>
<th>Phone</th>
<th>Address</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td><strong>Abbott Northwestern Hospital</strong></td>
<td>612-863-4000</td>
<td>800 E 28th Street Minneapolis, MN 55407</td>
<td><a href="http://www.abbottnorthwestern.com">www.abbottnorthwestern.com</a></td>
</tr>
<tr>
<td><strong>Hennepin County Medical Center</strong></td>
<td>612-873-3000</td>
<td>701 Park Avenue Minneapolis, MN 55415</td>
<td><a href="http://www.hcmc.org">www.hcmc.org</a></td>
</tr>
<tr>
<td><strong>Hutchinson Medical Center</strong></td>
<td>320-484-4610</td>
<td>1071 MN-15 (Plaza 15) Hutchinson, MN 55350</td>
<td><a href="http://www.hutchhealth.com">www.hutchhealth.com</a></td>
</tr>
<tr>
<td><strong>Mercy Hospital</strong></td>
<td></td>
<td>Coon Rapids: 763-236-6000</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Fridley- Unity Campus: 763-236-5000</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>4050 Coon Rapids Boulevard Coon Rapids, MN 55433</td>
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<tr>
<td></td>
<td></td>
<td>550 Osborne Road Fridley, MN 55432</td>
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<td></td>
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<td><a href="http://www.allinamercy.org">www.allinamercy.org</a></td>
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</tr>
<tr>
<td><strong>North Memorial Medical Center</strong></td>
<td>763-520-5200</td>
<td>3300 Oakdale Avenue N Robbinsdale, MN 55422</td>
<td><a href="http://www.northmemorial.com">www.northmemorial.com</a></td>
</tr>
<tr>
<td><strong>St. Cloud Hospital</strong></td>
<td>320-251-2700</td>
<td>1406 6th Avenue N St. Cloud, MN 56303</td>
<td><a href="http://www.centracare.com">www.centracare.com</a></td>
</tr>
<tr>
<td></td>
<td>320-255-5774 Fax: 320-656-7106</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>United Hospital</strong></td>
<td>651-241-8000</td>
<td>333 Smith Avenue N St. Paul, MN 55102</td>
<td><a href="http://www.alinahealth.org/united-hospital">www.alinahealth.org/united-hospital</a></td>
</tr>
<tr>
<td><strong>University of Minnesota Medical Center Behavioral Emergency</strong></td>
<td>612-273-5640</td>
<td>2312 S 6th Street Minneapolis, MN 55454</td>
<td><a href="http://www.mhealth.org">www.mhealth.org</a></td>
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<tr>
<td><strong>Community Behavioral Health Hospital</strong></td>
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<tr>
<td><em>Accessed through Central Pre-Admissions</em></td>
<td>866-966-2337 Fax: 763-712-4119</td>
<td></td>
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</tr>
<tr>
<td><strong>Annandale</strong></td>
<td>651-259-3850 Fax: 320-274-7019</td>
<td>400 Annandale Boulevard Annandale, MN 55302</td>
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</tr>
</tbody>
</table>
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

Great River ACT – Elk River 763-274-3500 Fax: 763-274-1165
253 8th Street NW Suite B Elk River, MN 55330
www.cmmhc.org

Counseling & Psychiatric Services

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

Catholic Charities Behavioral Health Clinic 320-650-1660 Fax: 320-650-1672
(formerly Caritas Mental Health Clinic)
911 18th Street N St. Cloud, MN 56303
www.ccstcloud.org

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

Core Professional Services  
110 14th Avenue E Sartell, MN 56377  
www.coreprofessionalservices.com  
320-202-1400 Fax: 320-202-8662

Dept of Veterans Affairs–St. Cloud Medical Center  
4801 Veterans Drive St. Cloud, MN 56301  
www.va.gov  
320-252-1670

Effective Living Center, Inc.  
821 W Saint Germain Street St. Cloud, MN 56301  
www.effectivelivingcenter.com  
320-259-5381 Fax: 320-259-6171

Fairview Northland Medical Center  
911 Northland Drive Princeton, MN 55371  
www.fairview.org  
763-389-1313

Family Counseling Center  
102 Marty Drive Suite 2 Buffalo, MN 55313  
www.fccmn.com/Contact-Us.html  
763-682-5420 Fax: 763-682-5803

Granite City Counseling, LLC  
250 7th Avenue N Waite Park, MN 56387  
www.granitecitycounseling.com  
320-257-1800 Fax: 320-257-1801

Lutheran Social Services  
22 Wilson Avenue NE Suite 110 St. Cloud, MN 56304  
www.lssmn.org  
320-251-7700 Fax: 320-251-8898

Milestone Counseling Inc.  
333 W Division Street Suite 119 St. Cloud, MN 56304  
www.stcloudcounselors.com  
320-774-1621 Fax: 320-774-1624

Nystrom & Associates, LTD  
207 Jefferson Boulevard Big Lake, MN 55309  
www.nystromcounseling.com  
763-367-6080 Fax: 763-263-7897

Nystrom & Associates, LTD  
9245 Quantrelle Avenue Otsego, MN 55330  
www.nystromcounseling.com  
763-746-9492 Fax: 763-746-3685

Nystrom & Associates, LTD  
101 Dehler Drive Sartell, MN 56377  
www.nystromcounseling.com  
320-253-3512 Fax: 320-253-1037
<table>
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<tr>
<th>Service Provider</th>
<th>Phone Number</th>
<th>Fax Number</th>
<th>Address</th>
<th>Website</th>
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<tbody>
<tr>
<td>Pathways Psychological Services, P.A.</td>
<td>763-525-8590 Fax: 763-525-8592</td>
<td></td>
<td>19230 Evans Street NW Suite 202A Elk River, MN 55330</td>
<td><a href="http://www.pathwayspsych.com">www.pathwayspsych.com</a></td>
</tr>
<tr>
<td>Processus Counseling and Consulting Services</td>
<td>320-252-2976 Fax: 320-656-1570</td>
<td></td>
<td>110 2nd Street S Suite 301 Waite Park, MN 56387</td>
<td><a href="http://www.processus-counseling.com">www.processus-counseling.com</a></td>
</tr>
<tr>
<td>Psychoterapeutic Resources</td>
<td>320-253-3715 Fax: 320-252-2567</td>
<td></td>
<td>1411 W Saint Germaine St Suite 105 St. Cloud, MN 56303</td>
<td><a href="http://www.yourcaringresource.com">www.yourcaringresource.com</a></td>
</tr>
<tr>
<td>St. Cloud Hospital – Behavioral Health Clinic</td>
<td>320-229-4977 Fax: 320-229-5179</td>
<td></td>
<td>1900 CentraCare Circle Suite 2475 St. Cloud, MN 56303</td>
<td><a href="http://www.centracare.com">www.centracare.com</a></td>
</tr>
<tr>
<td>Solutions Behavioral Healthcare Professionals</td>
<td>320-351-4871 Fax: 320-351-4871</td>
<td></td>
<td>508 Main Street S Sauk Centre, MN 56378</td>
<td><a href="http://www.solutionsinpractice.org">www.solutionsinpractice.org</a></td>
</tr>
<tr>
<td>Solutions Counseling</td>
<td>763-515-4563 Fax: 763-497-0552</td>
<td></td>
<td>703 Theilan Drive SE St. Michael, MN 55376</td>
<td><a href="http://www.helpwithsolutions.com">www.helpwithsolutions.com</a></td>
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**Day Treatment**

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Phone Number</th>
<th>Fax Number</th>
<th>Address</th>
<th>Website</th>
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<tbody>
<tr>
<td>Central Minnesota Mental Health Center</td>
<td>763-682-4400 Fax: 763-682-1353</td>
<td></td>
<td>308 12th Avenue S Buffalo, MN 55313</td>
<td><a href="http://www.cmmhc.org">www.cmmhc.org</a></td>
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</tbody>
</table>
Central Minnesota Mental Health Center  
1321 N 13th Street St. Cloud, MN 56303  
www.cmmhc.org

**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 24th Avenue N St. Cloud, MN 56303  
www.cmmhc.org  
320-252-8648 Fax: 320-529-4909

**Refractions**  
22575 43rd Avenue St. Augusta, MN 56301  
320-252-6017 Fax: 320-252-6278

**SpringPath Recovery & Crisis Residence** (formerly ResCare)  
633 Upland Avenue NW Elk River, MN 55330  
763-241-2142 Fax: 763-441-4771  
https://springpathmentalhealth.com/

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**Chemical Dependency/Addiction**

**Al-Anon**  
888-425-2666  
www.al-anon.org

**Alano Club**  
www.onlinealano.org  
www.alanoclubs.org

**Alcoholics Anonymous (AA)**  
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.naminnesota.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 Fax 320-229-3763
3701 12th Street N St. Cloud, MN 56303

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
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
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Mental Health Minnesota</td>
<td>800-862-1799, 651-493-6634</td>
</tr>
<tr>
<td></td>
<td>2233 University Ave. W., Ste 200 St. Paul, MN 55114</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mentalhealthmn.org">www.mentalhealthmn.org</a></td>
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<tr>
<td>National Alliance on Mental Illness – St. Cloud</td>
<td>888-NAMI-Helps, 320-654-1259</td>
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<tr>
<td></td>
<td>Box 771 St. Cloud, MN 56302</td>
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<td></td>
<td><a href="http://www.namihelps.org">www.namihelps.org</a></td>
</tr>
<tr>
<td>Senior Linkage Line</td>
<td>800-333-2433</td>
</tr>
<tr>
<td>United Way First Call for Help</td>
<td>211, 800-543-7709</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.211unitedway.org">www.211unitedway.org</a></td>
</tr>
<tr>
<td>Wright County Community Action, Inc.</td>
<td>320-963-6500 Fax: 320-963-5745</td>
</tr>
<tr>
<td></td>
<td>130 W Division Street Maple Lake, MN 55358</td>
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<tr>
<td></td>
<td><a href="http://www.wccaweb.com">www.wccaweb.com</a></td>
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<tr>
<td>Community Support Program (CSP)</td>
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<tr>
<td>Benton &amp; Stearns County</td>
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<tr>
<td>Catholic Charities – Hope CSP</td>
<td>800-831-8254, Ext 3324 320-240-3324</td>
</tr>
<tr>
<td></td>
<td>157 Roosevelt Road Suite 300 St. Cloud, MN 56301</td>
</tr>
<tr>
<td></td>
<td>Fax: 320-240-3339</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.ccstcloud.org">www.ccstcloud.org</a></td>
</tr>
<tr>
<td>Wright County CSP</td>
<td>763-682-7242</td>
</tr>
<tr>
<td>Sherburne County CSP</td>
<td>763-441-3770</td>
</tr>
<tr>
<td>Personal Care Attendant (PCA)</td>
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<tr>
<td><em><strong>Contact your insurance or county Public Health Department to access services</strong></em></td>
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<tr>
<td><strong>Contact Disability HUB MN for list of PCA agencies</strong></td>
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<tr>
<td>Disability HUB MN</td>
<td>866-333-2466</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.disabilityhub.mn.org">www.disabilityhub.mn.org</a></td>
</tr>
<tr>
<td>Accurate Home Care</td>
<td>763-633-3800</td>
</tr>
<tr>
<td>Arise Home Health Care</td>
<td>320-230-6348</td>
</tr>
<tr>
<td>Barnabas Home Care</td>
<td>800-434-7225</td>
</tr>
<tr>
<td>Country Manor</td>
<td>320-253-3343</td>
</tr>
<tr>
<td>DMT Homehealth Services</td>
<td>763-856-3051</td>
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<tr>
<td>Mains’I</td>
<td>763-494-4553</td>
</tr>
<tr>
<td>Meridian Services/Orion</td>
<td>320-255-5151</td>
</tr>
<tr>
<td>North Country Home Care</td>
<td>763-856-9955</td>
</tr>
<tr>
<td>Prairie River Home Care</td>
<td>320-255-1882</td>
</tr>
<tr>
<td>Recover Health</td>
<td>320-774-0777</td>
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</tbody>
</table>
**Veteran’s Services**

**Eagles Healing Nest**
320-351-6200
310 US-71 N Unit 881 Sauk Centre, MN 56378
[www.eagleshealingnest.org](http://www.eagleshealingnest.org)

**Minnesota Department of Veterans Affairs**
[https://mn.gov/mdva](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/](https://www.vrecmn.com/)

**Veterans Services**

<table>
<thead>
<tr>
<th>County</th>
<th>Phone</th>
<th>Fax</th>
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<tbody>
<tr>
<td>Benton County</td>
<td>320-968-5044</td>
<td>320-968-5239</td>
</tr>
<tr>
<td>Sherburne County</td>
<td>763-765-3100</td>
<td>763-765-3124</td>
</tr>
<tr>
<td>Stearns County</td>
<td>320-656-6176</td>
<td>320-656-6257</td>
</tr>
<tr>
<td>Wright County</td>
<td>763-682-7325</td>
<td>763-682-4554</td>
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</tbody>
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**Benton County**
531 Dewey St Foley, MN 56329

**Sherburne County**
13880 Business Center Drive NW Elk River, MN 55330

**Stearns County**
3301 County Road 138 Waite Park, MN 56387

**Wright County**
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 July 18, 2022.

<table>
<thead>
<tr>
<th>Catholic Charities</th>
<th>Benton</th>
<th>Sherburne</th>
<th>Stearns</th>
<th>Wright</th>
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<tbody>
<tr>
<td>157 Roosevelt Road Suite 300 St. Cloud, MN 56301</td>
<td>X</td>
<td>X</td>
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<tr>
<td><a href="http://www.ccstcloud.org">www.ccstcloud.org</a></td>
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<tbody>
<tr>
<td>1321 13th Street N, St. Cloud, MN, 56303</td>
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<tr>
<td>308 12th Avenue S Buffalo, MN 55313</td>
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<tr>
<td><a href="http://www.cmmhc.org">www.cmmhc.org</a></td>
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<tbody>
<tr>
<td>(A division of Nystrom &amp; Associates, LTD.)</td>
<td>Otsego: 763-746-9492</td>
<td></td>
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<tr>
<td><a href="http://www.nystromcounseling.com">www.nystromcounseling.com</a></td>
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<tr>
<td>Recover Health Resources, LLC</td>
<td>320-259-1369</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>(Specializes in East African and Refugee populations)</td>
<td>Fax: 320-259-1938</td>
<td></td>
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<tr>
<td>2719 W Division Street Suite #5 Saint Cloud, MN 56301</td>
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<tr>
<td><a href="http://www.recoverhealthresources.com">http://www.recoverhealthresources.com</a></td>
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<tr>
<td>Rise</td>
<td>320-656-5608</td>
<td>X</td>
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<td>X</td>
</tr>
<tr>
<td>3400 First Street N Suite 105 St. Cloud, MN 56303</td>
<td>Fax: 320-656-5617</td>
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<tr>
<td><a href="http://www.rise.org">www.rise.org</a></td>
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<th>Solutions Behavioral Healthcare Professionals</th>
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<tbody>
<tr>
<td>Solutions Behavioral Healthcare Professionals</td>
<td>320-281-5305</td>
<td>X</td>
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</tr>
<tr>
<td>423 Great Oak Drive Waite Park, MN 56387</td>
<td>Fax: 320-281-5306</td>
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<tr>
<td><a href="http://www.solutionsinpractice.org">www.solutionsinpractice.org</a></td>
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</table>
**Financial**

**Energy Assistance**

**Salvation Army (Wright)**
2051 50th Street NE, Door #2 Buffalo, MN 55376
763-682-2205
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)**
400 Highway 10 S St. Cloud, MN 56304
320-252-4552 Fax: 320-252-1424
http://salvationarmynorth.org

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

**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**
555 Park Street Suite 410 St. Paul, MN 55103
651-227-6121 Fax: 651-227-2553
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://arcminnesota.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)  763-497-3867, Fax 763-497-3865  
3989 Maciver Avenue NE St. Michael, 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
110 6th Avenue S, Suite 100 St. Cloud
www.thevillagefamily.org
320-253-5930, 800-627-8220
Fax: 651-925-0057

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

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

Social Security

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

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

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

Housing

Adult Foster care (contact your county social service agency)

Catholic Charities – Hope CSP
157 Roosevelt Road Suite 300 St. Cloud, MN 56301
800-830-8254 ext. 3324, 320-240-3324
Fax: 320-240-3339
www.ccstcloud.org

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

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

Central Minnesota Housing Partnership, Inc.
37 28th Avenue N Suite 102 St. Cloud, MN 56303
320-259-0393, 888-203-9301
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/

Housing Link (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 Care
305 2nd Avenue S Sauk Rapids, MN 56379 320-654-8452
129 Wilson Avenue SE St. Cloud, MN 56304 320-252-8726
920 3rd Street N Waite Park, MN 56387 320-259-0586
Cumming’s Care Center
216 3rd Avenue S Box 7 Sauk Rapids, MN 56379
http://cummingscarecenter.com/
320-251-3447

Dream Center of St. Cloud (single men)
529 16th Avenue N St. Cloud, MN 56303
www.dreamcenterstcloud.org
320-656-1550 Fax: 320-774-1264

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

Lange’s
13892 37th Street Clear Lake, MN 55319
http://www.langeboardandroom.com
763-662-2836 Fax: 763-402-7581

Murphy’s Boarding Home
1101 3rd Street N St. Cloud, MN 56303
320-251-6567

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

Rivercrest – Chronic Inebriate Housing
1315 Lincoln Avenue SE St. Cloud, MN 56304
www.centercityhousing.org
320-217-7970 Fax: 320-217-7971

St. Elizabeth’s
306 15th Avenue N St. Cloud, MN 56303
http://ccstcloud.org
320-252-8350 Fax: 320-251-3198

Washington Place LLC
820 8th Avenue S St. Cloud, MN 56301
320-203-1707

Emergency Shelters

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

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

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

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

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  320-266-7418
15861 101st Street SE Becker, MN 55308

Blue Plus Transportation Services  866-340-8648
Faith in Action
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. (Benton County) 320-968-7848 Fax: 320-968-7702
251 4th Avenue N Box 205 Foley, MN 56329
www.foleyareacare.org

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) 888-743-3828 Fax: 320-864-1910
207 West 11th Street Glencoe, MN 55336
115 Commerce Circle Buffalo, MN 55313

U-Care Health Ride 800-864-2157

Additional Resources

Abuse/Assault

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

Central MN Sexual Assault Center 800-237-5090, 320-251-4357
15 Riverside Drive NE St. Cloud, MN 56304
Fax: 320-251-4670
https://cmsac.org

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

**Human Rights Office**
320-650-3133
400 2nd 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 1st 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
[www.mn.gov/omhdd/](http://www.mn.gov/omhdd/)
Dental
*Contact Your Insurance To Locate A Provider In Your Network*

**BlueCross BlueShield Mobile Dental Unit**

**Community Dental Care** (opening fall 2022)  
Email: infobu@cdentc.org  
3650 Braddock Avenue NE Buffalo, MN 55313  
https://www.cdentc.org/buffalo

**Dental Associates of St. Paul**  
1790 7th Street E St. Paul, MN 55119  
www.dentalassociatesmn.com

**K.O.A.L.A. Dental Care**  
20 1st Avenue S Buffalo, MN 55313  
www.themolardoctors.com

**K.O.A.L.A. Dental Care**  
1521 Northway Drive St. Cloud, MN 56303  
www.themolardoctors.com

**Park Dental Elk River**  
18230 Zane Avenue NW Elk River, MN 55330  
www.parkdental.com

**St. Cloud Technical College Dental Clinic**  
1540 Northway Drive St. Cloud, MN 56303  
http://www.sctcc.edu/dental-clinic

**Today's Dental St. Cloud**  
4128 2nd Street S St. Cloud, MN 56301  
www.todaysdentalminnesota.com

**University of Minnesota School of Dentistry**  
Moos Tower 515 Delaware Street SE Minneapolis, MN 55455  
www.dentistry.umn.edu

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**Interpreters/Cultural Competence**

**Language Line**  
800-367-9559

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

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**Additional Resources**
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/](https://fareforall.org/find-a-site/)

**Monticello Food Shelf**
763-295-4031

**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/](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**          | https://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**        | https://www.eyesonthehorizon.org/ |
| (mental health services for farmers and their families) | |
| **Fast-Tracker – Your link to MN Resources** | www.fast-trackermn.org |
| **Findhelp.org**                          | https://www.findhelp.org/ |
| **Help for Depression**                   | www.helpfordepression.com |
| **Housing Link**                          | www.housinglink.org    |
| **Legal Services – Online**               | www.mnlegalservices.org |
| **Mental Health America**                 | www.mentalhealthamerica.net |
| **Mental Health Association of Minnesota**| www.mentalhealthmn.org |
| **Mental Health Consumer/Survivor Network**| www.mhcsn.org          |
| **Minnesota Help.info**                   | www.minnesotahelp.info  |
| **Minnesota Military Family Foundation**  | www.minnesotamilitaryfamilyfoundation.org |
| **Minn. State Advisory Council on Mental Health** | www.mentalhealthcouncilsmn.com |
| **National Alliance on Mental Illness**   | www.namihelps.org      |
| **National Coalition for Mental Health Recovery** | www.ncmhr.org |
| **National Council**                      | www.thenationalcouncil.org |
| **National Mental Health Information Center** | www.mentalhealth.samhsa.gov |
| **Office of the Ombudsman for Mental Health and Developmental Disabilities** | www.ombudmhdd.state.mn.us |
| **Resource Center to Promote Acceptance, Dignity and Social Inclusion** | www.stopstigma.samhsa.gov |
| **Ruby’s Pantry** (Rural Foodbank, see website for locations) | www.rubyspantry.org |
| **Social Security Online**                | www.ssa.gov            |
| **Substance Abuse and Mental Health Services Administration** | www.samhsa.gov          |
| **Suicide Awareness Voices of Education** | www.save.org           |
| **Ticket to Work**                        | www.yourtickettowork.com |
| **Work Incentives Connection**            | www.mnworkincentives.com |
| **WRAP and Recovery Books**               | www.mentalhealthrecovery.com |
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.

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.

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

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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.