



Strength Through COMMUNITY Project
Benton, Sherburne, Stearns, Wright Counties

Adult Mental Health Resource Guide

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

printed November 2010

Adult Mental Health Initiative

CommUNITY Project 320-253-4136 Fax: 320-253-4179
Midtown Square 3333 W Division Street Suite 217 St. Cloud, MN 56301

Crisis

Crisis Nursery
Benton & Stearns County 320-654-1090
Sherburne County 800-433-5239, 763-241-2650
Wright County 800-965-1430, 763-271-1680

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

National Suicide Prevention Hotline 800-SUICIDE (784-2433)

SAVE Suicide Hotline 888-511-SAVE (7283)

Suicide Prevention National Hotline 800-273-TALK (8255)
Press "1" for Veterans

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, 763-241-2600
Sheriff's Office 763-241-2500
13880 Business Center Drive 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
Human Services 800-362-3667, 763-682-7400
1004 Commercial Drive Buffalo, MN 55313
Sheriff's Office 763-682-1162
3800 Braddock Avenue NE Buffalo, MN 55313

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Behavioral Health Hospitals

St. Cloud Hospital

Behavioral Access Nurse
1406 6th Avenue N St. Cloud, MN 56303

320-251-2700
320-255-5774 Fax: 320-656-7106
www.centracare.com

Community Behavioral Health Hospital

*Accessed through Central Pre-Admissions

866-966-2337 Fax: 763-712-4119

Annandale

400 Annandale Boulevard Annandale, MN 55302

651-259-3850 Fax: 320-274-7018

Mental Health Treatment

Assertive Community Treatment (ACT)

Great River ACT – St. Cloud 320-253-4120 Fax: 320-253-4179
3333 W Division Street Suite 217 St. Cloud, MN 56301

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

Chemical Dependency/Addiction

Al-Anon 800-344-2666
www.al-anon.org

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

Alcoholics Anonymous (AA) www.aa.org

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

Chemical Dependency Assessment (for public health insurance)
Benton 320-968-5087 Fax: 320-968-5330
Sherburne 763-241-2600 Fax: 763-241-2698
Stearns 320-656-6225 Fax: 320-656-6447
Wright 763-682-7400 Fax: 763-682-7701

Detoxification 320-252-6654 Fax: 320-529-1975
1321 13th Street N St. Cloud, MN 56303

Drug Abuse Hotline 800-276-6818
www.acenterforrecovery.com

Gamblers Anonymous 888-GA-HELPS (888-424-3577)
www.gamblersanonymous.org

Narcotics Anonymous (NA) 877-767-7676
www.naminnnesota.org

New Beginnings at Waverly 800-487-8758
109 Northshore Drive Waverly, MN 55390
www.newbeginningsatwaverly.com

Recovery Plus (mental illness/chemical dependency) 800-742-4357, 320-229-3760
713 Anderson Avenue St. Cloud, MN 56303 Fax 320-229-3763
www.centracare.com

Counseling & Psychiatric Services

Catholic Charities – Caritas Mental Health Clinic 320-650-1660 Fax: 320-650-1528
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 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 Sartell, MN 56377

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

Fairview Counseling Center 763-241-5870 Fax: 763-241-5872
290 Main Street Suite 140 Elk River, MN 55330
www.fairview.org

- Fairview Northland Medical Center** 763-389-1313
911 Northland Drive Princeton, MN 55371
www.fairview.org
- Fairview Counseling Center** 763-398-6326 Fax: 763-389-6455
25945 Gateway Drive Zimmerman, MN 55398
www.fairview.org
- Family Counseling Center** 763-682-5420 Fax: 763-682-5803
102 Marty Drive Buffalo, MN 55313
- Family Prospective Resources, Inc.** 763-367-6080 Fax: 763-263-7897
101 Jefferson Boulevard Big Lake, MN55309
www.familypros.com
- Hardy & Stephens Counseling** 763-633-5111 Fax: 763-633-5112
11070 183rd Circle NW – C Elk River, MN 55330
www.hardystephens.com
- Health Partners Clinic – Behavioral Health** 320-253-6952 Fax: 320-203-2255
1245 15th Street N St. Cloud, MN 56303
www.hpcmc.com
- Lutheran Social Services** 320-251-7700 Fax: 320-251-8898
22 Wilson Avenue NE Suite 110 St. Cloud, MN 56302
www.lssmn.org
- MarketPlace Counseling** 320-253-4080 Fax: 320-253-4088
110 2nd Street S Suite 303 & 304 Waite Park, MN 56387
www.marketplacecounseling.com
- Nystrom & Associates, LTD** 763-746-9492 Fax: 763-746-3685
9075 Quaday Avenue NE Otsego, MN 55330
www.nystromcounseling.com
- Pathways Psychological Services, P.A.** 763-241-8157 Fax: 763-241-7670
19230 Evans Street NW Suite 202A Elk River, MN 55330
www.pathwayspsych.com
- 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
325 33rd Avenue N Suite 103 St. Cloud, MN 56303
www.yourcaringresource.com

St. Cloud Hospital – Behavioral Health Clinic 320-229-4977 Fax: 320-229-5109
1900 CentraCare Circle Suite 2475 St. Cloud, MN 56303
www.centracare.com

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

The Center for Family Counseling 320-253-3540 Fax: 320-253-1475
2025 Stearns Way Suite 111 St. Cloud, MN 56303
www.cfcinc.biz

The Village Family Service Center 320-253-5930 Fax: 320-258-4632
3950 3rd Street N St. Cloud, MN 56303
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 320-252-5010 Fax: 320-252-0908
1321 N 13th Street St. Cloud, MN 56303
www.cmmhc.org

Intensive Residential Treatment (IRT)

Annandale 320-274-4060 Fax: 320-274-4069
380 Annandale Boulevard Annandale, MN 55302

Fresh Start (Female only) 218-724-2945 Fax: 218-724-0699
1610 E First Street Duluth, MN 55812

Northway 320-252-8648 Fax: 320-529-4909
1509 24th Avenue N Street St. Cloud, MN 56303

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, 763-241-2600

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

Wright County www.co.wright.mn.us 800-362-3667, 763-682-7400

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

Catholic Charities – Peer Mentoring Program 320-240-3324 Fax: 320-240-3339
157 Roosevelt Road Suite 300 St. Cloud, MN 56301
www.ccstcloud.org

Disability Linkage Line 866-333-2466

Independent Lifestyles – Peer Mentoring Program 320-529-9000 Fax: 320-529-0747
519 2nd Street N St. Cloud, MN 56303
www.independentlifestyles.org

Men’s Support Line 612-379-6367

Mental Health Consumer Survivor Network 877-210-2932, 320-654-9641
3400 1st Street N Suite 201 St. Cloud, MN 56303
www.mncsn.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 211

Adult Rehabilitative Mental Health Services (ARMHS)

Catholic Charities

Hope Community Support Program 320-240-3324 Fax: 320-240-3339
157 Roosevelt Road Suite 300 St. Cloud, MN 56301
www.ccstcloud.org

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

Family Support Services Inc. 651-628-4993 Fax: 651-379-1772
1900 Silver Lake Road Suite 115 New Brighton, MN 55112
www.nystromcounseling.com

Goodwill/Easter Seals 320-654-9527 Fax: 320-654-9542
50 S 2nd Avenue Waite Park, MN 56387
www.goodwilleasterseals.org

Prairie Community Services 320-589-3077 Fax: 320-589-4955
801 Nevada Avenue Morris, MN 56267
www.sfhs.org

REM Central Lakes 320-259-6022 Fax: 320-259-6076
2700 First Street N Suite 103 St. Cloud, MN 56303
www.remminnesota.com

Rise – Central Minnesota Works 763-441-5888 Fax: 763-441-1532
19050 Industrial Boulevard Suite 3 Elk River, MN 55330
www.rise.org

Rise – Central Minnesota Works 320-656-5608 Fax: 320-656-5617
3400 1st Street N Suite 303 St. Cloud, MN 56303
www.rise.org

Community Support Program (CSP)

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

Catholic Charities
Hope Community Support Program 320-240-3324 Fax: 320-240-3339
157 Roosevelt Road Suite 300 St. Cloud, MN 56301 www.ccstcloud.org

Intensive Community Rehabilitative Services (ICRS)

Intensive Community Rehabilitative Services 320-257-4230 Fax: 320-257-2201
3333 W Division Street Suite 219 St. Cloud, MN 56301

Independent Living Skills (ILS)

Independent Lifestyles 763-263-9000
35 Lake Street S Suite 300 Big Lake, MN 55309
www.independentlifestyles.org

Independent Lifestyles 320-529-9000 Fax: 320-529-0747
519 2nd Street N St. Cloud, MN 56303
www.independentlifestyles.org

Faith in Action www.mnfia.org
Benton 320-258-8673
Sherburne 763-263-4277
Stearns 320-258-8673
Rural Stearns 320-256-4625
Wright 763-234-3586

Recover Health 320-259-7045 Fax: 320-259-7044
110 2nd Street S Suite 138 Waite Park, MN 56387
www.recoverhealth.org

REM Central Lakes 320-259-6022 Fax: 320-259-6076
2700 First Street N Suite 103 St. Cloud, MN 56303
www.remminnesota.com

Personal Care Attendant (PCA)

Contact your insurance or county Public Health Department to access services

Accurate Home Care 763-633-3800
Arise Home Health Care 320-230-6348
Avalon 763-753-8658
Barnabas Home Care 800-434-7225
Country Manner Health Care 320-253-3343
DMT Homehealth Services 763-856-3051
Mains'I 763-494-4553 x 808
Meridian Services/Orion 320-255-5151
New Horizons 320-255-1882
North Country Home Care 763-856-9955
Recover Health 320-259-7045

Veteran's Services

Minnesota Department of Veterans Affairs

www.mdva.state.mn.us

Veterans Linkage Line

888-LINKVET (546-5838)

Veterans Services

Benton County

(320) 968-5044 Fax: 320-968-5239

Box 740 Foley, MN 56329

Sherburne County

763-241-2740 Fax: 763-241-2979

13880 Business Center Drive Elk River, MN 55330

Stearns County

320-656-6176 Fax: 320-656-6257

116 10th Avenue N St. Cloud, MN 56303

Wright County

763-682-7326 Fax: 763-682-5320

10 2nd Street NW Buffalo, MN 55313

Financial

Energy Assistance

Salvation Army (Sherburne & Wright) 763-682-8941 Fax: 763-682-7701
1004 Commercial Drive Buffalo, MN 55313
www.thesalarmy.org

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

Tri-CAP (Benton, Sherburne & Stearns) 888-765-5597, 320-251-1612
Box 683 Waite Park, MN 56387
Fax: 320-654-9473
www.tricap.org

Medication & Prescriptions

Minnesota RxConnect 800-333-2433
www.minnesotarxconnect.com

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

Pharmaceutical Patient Assistance Programs www.rxassist.org

Rx Outreach www.rxoutreach.com

The Heart of the Pharmaceutical Industry www.rxhope.com

Together Rx Access www.togetherrxaccess.com

Other Information & Financial Resources

The Children's Defense Fund – MN
Bridge to Benefits 651-227-6121 Fax: 651-227-2553
555 Park Street Suite 410 St. Paul, MN 55103
www.bridgetobenefits.org

Catholic Charities 800-830-8254, 320-229-4560
157 Roosevelt Road Suite 100 St. Cloud, MN 56301 Fax: 320-229-4562
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

Minnesota Work Incentive Connection

800-976-6728, 651-632-5113

Public Utilities Commission

www.puc.state.mn.us/PUC/index.html

Energy assistance & phone line discounts

Salvation Army

www.thesalarmy.org/serv/heatshare.htm

Heat & housing assistance

Salvation Army (Sherburne & Wright)

763-682-8941 Fax: 763-682-7701

1004 Commercial Drive Buffalo, MN 55313

www.thesalarmy.org

Salvation Army (Benton, Sherburne & Stearns)

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

400 Highway 10 S St. Cloud, MN 56304

www.thesalarmy.org

The Village Family Service Center

320-258-4633 Fax: 320-258-4632

3950 3rd Street N St. Cloud, MN 56303

www.thevillagefamily.org

Social Security

Disability Specialists

800-642-6393

Outreach Services

800-544-9925

Social Security Administration

320-253-4490 Fax: 320-252-7870

3800 8th Street N Suite 100 St. Cloud, MN 56303

www.ssa.gov

Social Security Outreach Access Recovery (SOAR) www.prainc.com/SOAR

Housing

Adult Foster care (contact your county social service agency)

Catholic Charities – Housing Management 800-830-8254, 320-229-4576
157 Roosevelt Road Suite 200 St. Cloud, MN 56301 Fax: 320-253-4764
www.ccstcloud.org

Central Minnesota Habitat for Humanity 320-656-8890 Fax: 320-656-8841
777 Lincoln Avenue NE St. Cloud, MN 56304
www.cmhfh.org

Central Minnesota Housing Partnership 888-203-9301, 320-259-0393
810 W St. Germain Street St. Cloud, MN 56301 Fax: 320-259-9590
www.cmhp.net

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

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 W Wind Court Cold Spring, MN 56320
(Serves rural Stearns County)
www.co.stearns.mn.us/902.htm

Rise – Central Minnesota Works 763-441-5888 Fax: 763-441-1532
19050 Industrial Boulevard Suite 3 Elk River, MN 55330
www.rise.org

Rise – Central Minnesota Works 320-656-5608 Fax: 320-656-5617
3400 First Street N Suite 303 St. Cloud, MN 56303
www.rise.org

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

Salvation Army (Sherburne & Wright) 763-682-8941 Fax: 763-682-7701
1004 Commercial Drive Buffalo, MN 55313
www.thesalarmy.org

The Village Family Service Center
3950 3rd Street N St. Cloud, MN 56303
www.thevillagefamily.org

320-258-4633 Fax: 320-258-4632

Tri-CAP (Benton, Sherburne & Stearns)
1210 23rd Avenue S Waite Park, MN 56387
www.tricap.org

888-765-5597, 320-251-1612
Fax: 320-255-9518

Wright County Community Action
130 W Division Street Maple Lake, MN 55358
www.wccaweb.com

320-963-6500 Fax: 320-963-5745

www.housinglink.org. This website holds a wealth of information on housing issues, including updated info on Section 8 waiting lists; apartment rental listings; and links to federal housing resources. Some of the information is metro-county specific, but there are some resources for greater Minnesota as well.

www.hocmn.org. This is the website for the MN Homeownership Center, and it provides good information on foreclosure prevention and home buying resources.

www.hud.gov/apps/section8/index.cfm. This is the page on the HUD website where you can search for affordable housing by state and county. It's not perfect or complete, but it can be a good place to start.

[Housing Resource Toolbox Web site](#). The Housing Resources ToolBox is your first stop for information on: housing and service options, affordable housing programs, searchable databases for locating housing, and information to help you stay in your own home.

Board and Lodge

Brott's

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 Sauk Rapids, MN 56379 320-251-3447

Dream Center of St. Cloud (single men)

529 16th Avenue N St. Cloud, MN 56303 320-656-1550 Fax: 320-253-9735
www.dreamcenterstcloud.org

Homestyle Living

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

- Lange's** 763-662-2836
13892 37th Street Clear Lake, MN 55319
- 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.org
- Sunset Ridge of Annandale Inc. (men only)** 320-274-8060
4986 County Road 6 NW Box 705 Annandale, MN 55302
- St. Elizabeth's** 320-252-8350
306 15th Avenue N St. Cloud, MN 56303
- Washington Place** 320-203-1707
820 8th Avenue S St. Cloud, MN 56301

Emergency Shelters

- Anna Marie's Alliance** 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 N 9th Avenue St. Cloud, MN 56303
www.placeofhopeministries.org
- Salvation Army** 320-252-2229 Fax: 320-252-1424
400 Highway 10 S St. Cloud, MN 56304
www.thesalarmy.org
- Salvation Army (Sherburne & Wright)** 763-682-8941 Fax: 763-682-7701
1004 Commercial Drive Buffalo, MN 55313
www.thesalarmy.org

Transitional Housing

Catholic Charities – DOMUS Transitional Housing 320-259-9270 Fax: 320-259-4967
17 19 ½ Avenue S St. Cloud, MN 56301
www.ccstcloud.org

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

Jill Eckhoff Transitional House 800-950-2203, 320-259-1173
Box 367 St. Cloud, MN 56302
www.annamarie.org

Salvation Army – Central Minnesota Program 320-252-4552 ext 427
400 Highway 10 S St. Cloud, MN 56304
www.thesalarmy.com

Vocational/Employment

Central Minnesota Jobs & Training Services 800-284-7425, 763-271-3700
406 7th Street E Box 720 Monticello, MN 55362
www.cmjts.org

Complete Career Services Inc. 800-450-9408, 320-255-0685
325 33rd Avenue N Suite108 St. Cloud, MN 56303 Fax: 320-656-1564

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

Functional Industries, Inc. 763-682-4336 Fax: 763-682-9692
1801 Highway 25 N Box 336 Buffalo, MN 55313
www.functionalindustries.org

Goodwill/Easter Seals 320-654-9527 Fax: 320-654-9542
50 S 2nd Avenue Waite Park, MN 56387
www.goodwilleasterseals.org

Goodwill/Easter Seals 763-274-1823 Fax: 763-274-1825
19463 Evans Street NW Elk River, MN 55330
www.goodwilleasterseals.org

Opportunity Services 320-203-7750 Fax: 320-203-7751
110 6th Avenue S Suite 205 St. Cloud, MN 56301
www.oppserv.org

Rise – Central Minnesota Works 763-441-5888 Fax: 763-441-1532
19050 Industrial Boulevard Suite 3 Elk River, MN 55330
www.rise.org

Rise – Central Minnesota Works 320-656-5608 Fax: 320-656-5617
3400 1st Street N Suite 303 St. Cloud, MN 56303
www.rise.org

Vocational Rehabilitation Services 763-295-5894, 800-450-5894
406 E 7th Street Box 720 Monticello, MN 55362 Fax: 763-295-6096
www.positivelymn.com

Vocational Rehabilitation Services 320-308-2224 Fax: 320-308-5335
1542 Northway Drive Door 2 St. Cloud, MN 56303
www.positivelymn.com

Wacosa 320-251-0087 Fax: 320-259-4679
320 Sundial Drive Box 757 Waite Park, MN 56387
www.wacosa.org

WorkForce Center 763-271-3700 Fax: 763-271-3701
406 E 7th Street Box 720 Monticello, MN 55362
www.mnwfc.org

WorkForce Center 320-308-5320 Fax: 320-308-5173
1542 Northway Drive Door 2 St. Cloud, MN 56303
www.mnwfc.org

Transportation

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

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

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

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

Faith in Action www.mnfia.org
Benton 320-258-8673
Sherburne 763-263-4277
Stearns 320-258-8673
Rural Stearns (Cold Spring area) 320-256-4625
Wright 763-234-3586

Foley Area C.A.R.E. 320-968-7848 Fax: 320-968-7702
251 4th Avenue N Box 205 Foley, MN 56329
www.foleyareacare.org

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

Medica Provide a Ride (Medica only) 800-601-1805
401 Carlson Parkway Minnetonka, MN 55305
www.medica.com

Metro Bus Dial A Ride 320-252-1010
665 Franklin Avenue NE St. Cloud, MN 56304
www.ridemetrobus.com

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

River Rider (Sherburne & Wright) 800-821-9719, 763-263-0101
Box 395 Big Lake, MN 55309

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

St. Cloud Metro Transit Center 665 Franklin Avenue NE St. Cloud, MN 56304 www.ridemetrobus.com	320-251-RIDE (7433)
Transportation Resource Center Benton, Sherburne, and Stearns Counties www.tricap.org/trc	320-257-4456 or 877-717-1515
Tri-CAP Transit Connection 1200 23 rd Avenue S Waite Park, MN 56387 www.tricap.org	320-202-7824 Fax: 320-529-4841
Volunteer Driver Benton, Sherburne, and Stearns Counties Wright County (60+ medical only)	320-257-4456 or 877-717-1515 763-682-7487

Additional Resources

Abuse/Assault

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

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

www.mcbw.org/help
Domestic violence programs for women available around the state.

Day One Services 866-223-1111
www.dayoneservices.org/index.htm
Information on domestic violence programs around the state.

Advocacy & Legal Aid

Disability Advocates:
Outreach Services 612-332-6773
St. Cloud Housing Coalition 320-299-7684
Roseville Salvation Army 651-746-3400

Human Rights Office 320-650-3133
400 Second Street S St. Cloud, MN 56301
www.ci.stcloud.mn.us

Legal Services 800-622-7773, 320-253-0121
830 W St. Germain Street Suite 300 St. Cloud, MN 56301 Fax: 320-253-5794

MN Disability Law Center 800-292-4150, 612-332-1441
430 1st Avenue N Suite 300 Minneapolis, MN 55401 Fax 612-334-5755
www.mndlc.org

State Ombudsman – Mental Health & Developmental Disability
www.ombudmhdd.state.mn.us 651-757-1800

Dental

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

The Smile Center 763-263-2222 Fax: 763-263-5822
195 Jefferson Boulevard Big Lake, MN 55309
www.smilecenterus.com

Interpreters/Cultural Competence

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

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

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

Betmar Languages, Inc. 763-572-9711 Fax: 763-571-3467

Bridge World Language Center, Inc. 320-259-9239

Garden and Associates 952-920-6160 Fax: 952-922-8150

Kim Tong Translation Services 612-724-5962 Fax: 612-724-4006

Language Line 800-752-0696 option 2

Nutrition

University of Minnesota Extension Services
Benton County 800-964-4929, 320-968-5077
Sherburne County 800-433-5236, 763-241-2720
Stearns County 800-450-6171, 320-255-6169
Wright County 800-362-3667, 763-682-7394

Websites

Brain Injury Association of Minnesota	www.braininjurymn.org
Department of Human Services	www.dhs.state.mn.us
Disability	www.disability.gov
Find the light online support group	www.findthelight.net
Housing Link	www.housinglink.org
Mental Health America	www.mentalhealthamerica.net
Mental Health Association of Minnesota	www.mentalhealthmn.org
Minnesota Help Info	www.minnesotahelp.info
National Alliance on Mental Illness	www.namihelps.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
Social Security Online	www.ssa.gov
Suicide Awareness Voices of Education	www.save.org
Ticket to Work	www.yourtickettowork.com
Work Incentives Connection	www.mnworkincentives.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.

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.

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

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

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

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

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

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

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

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

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

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

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

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

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

General Assistance Medical Care (GAMC)

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

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

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

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

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

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

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

Medical Assistance (MA)

Minnesota's basic Medicaid program.

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

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

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

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

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

MinnesotaCare

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

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

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

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.

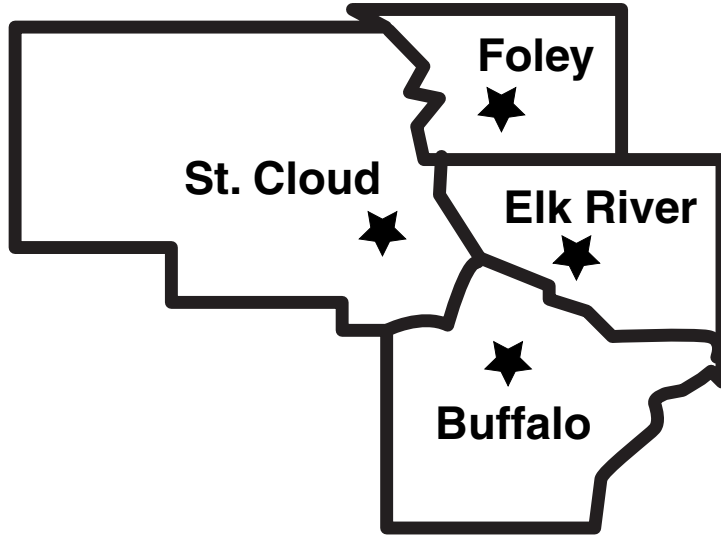
Spendedown: Amount of money that a person enrolled in a Minnesota Health Care Program (MHCP) is responsible to pay before they are eligible for Medical Assistance (MA).

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

Traumatic Brain Injury (TBI) 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.

CommUNITY



Project

Contact the CommUNITY Project with any updated information at 320-253-4136