



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

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

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)

National Suicide Prevention Lifeline

800-273-TALK (8255) Press "1" for Veterans

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 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

1004 Commercial Drive 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- United 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, 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: 763-441-9057
253 8th Street NW, Suite A Elk River, MN 55330
www.cmmhc.org

Counseling & Psychiatric Services

- Bridging Hope Counseling** 763-291-5505 Fax: 763-682-2449
311 Brighton Avenue Suite B Buffalo, MN 55313
www.bridginghopecounseling.com
- Bridging Hope Counseling** 763-291-5505 Fax: 763-682-2449
21000 Rogers Drive Suite 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** 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 Counseling Center** 763-241-5870 Fax: 763-241-5872
290 Main Street Suite 140 Elk River, MN 55330
www.fairview.org
- Fairview Counseling Center** 763-398-6326 Fax: 763-389-6455
25945 Gateway Drive Zimmerman, MN 55398
www.fairview.org
- 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
- Family Prospective Resources, Inc.** 763-367-6080 Fax: 763-263-7897
101 Jefferson Boulevard Suite A Box 3 Big Lake, MN55309
www.familypros.com
- Granite City Counseling, LLC** 320-257-1800 Fax: 320-257-1801
818 2nd Street S Waite Park, MN 56387
www.granitecitycounseling.com
- Hardy & Stephens Counseling** 763-633-5111 Fax: 763-633-5112
11070 183rd Circle Suite C Elk River, MN 55330
www.hardystephens.com

- Health Partners Clinic – Behavioral Health** 320-253-6952 Fax: 320-203-2255
2251 Connecticut Avenue S Sartell, MN 56377
www.hpcmc.com
- 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
630 Roosevelt Road Suite 104 St. Cloud, MN 56301
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.** 763-241-8157 Fax: 763-241-7670
19230 Evans Street NW Suite 202A Elk River, MN 55330
www.pathwayspsych.com
- Pinehaven Youth and Family Services, Inc.** 888-571-6703 Fax: 218-829-1473
1204 7th Street S Suite 105 St. Cloud, MN 56301
www.pinehaven-mn.org
- 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** 320-229-4945 Fax: 320-229-5179
1900 CentraCare Circle Suite 1000 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

Solutions Behavioral Healthcare Professionals 320-281-5305 Fax: 320-281-5306
423 Great Oak Drive Waite Park, MN 56387
www.solutionsinpractice.org

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

The Center for Family Counseling 320-316-1510 Fax: 320-253-1475
2025 Stearns Way Suite 111 St. Cloud, MN 56303
www.healinginchrist.com

Twin Cities Behavioral Health, PC 952-831-3662 Fax: 952-831-3559
2 Division Street E Suite 103 Buffalo, MN 55313
www.twincitiesbehavioralhealth.weebly.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 320-252-5010 Fax: 320-252-0908
1321 N 13th Street St. Cloud, MN 56303
www.cmmhc.org

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

Intensive Residential Treatment (IRT)

Fresh Start (Female only, specializes in DBT) 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 St. Cloud, MN 56303
www.cmmhc.org

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

ResCare Recovery Residence

633 Upland Avenue NW Elk River, MN 55330

<https://www.rescare.com/residential-services/locations/minnesota>

763-241-2513 Fax: 763-537-7162

Chemical Dependency/Addiction

Al-Anon

888-425-2666

www.al-anon.org

Alano Club

www.onlinealano.org

www.alanoclubs.org

Alcoholics Anonymous (AA)

www.aaminneapolis.org

Chemical Dependency Assessment (for public health insurance/PMAP)

Benton

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

Sherburne

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

Stearns

320-656-6225 Fax: 320-656-6447

Wright

763-682-7400 Fax: 763-682-7701

Detoxification

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

1321 13th Street N St. Cloud, MN 56303

Gamblers Anonymous

855-2CALLGA (855-222-5542)

www.gamblersanonymous.org

Narcotics Anonymous (NA)

877-767-7676

www.naminnnesota.org

Treatment Centers

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.newbeginningsatwaverly.com

Nystrom & Associates, LTD 320-253-3512 Fax: 320-253-1037
101 Dehler Drive Sartell, MN 56377
www.nystromcounseling.com

Professional Counseling Center 763-682-2829
7 Highway 55 Buffalo, MN 55313
1262 Crossings Drive Delano, MN 55328 763-972-6527 Fax: 763-972-3965
www.professionalcounselingcenters.com

Recovery Plus 800-742-4357, 320-229-3760
713 Anderson Avenue St. Cloud, MN 56303 Fax 320-229-3763
www.centracare.com

Sobriety First 320-251-0035 Fax: 320-251-0209
3333 W Division Street Suite 210 St. Cloud, MN 56301
<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, 763-682-7400

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

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

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

Disability HUB MN 866-333-2466

Independent Lifestyles – Peer Mentoring Program 320-529-9000, 888-529-0743
 215 N Benton Drive Sauk Rapids, MN 56379 Fax: 320-529-0747
www.independentlifestyles.org

Love INC – Big Woods (Annandale, Buffalo, Maple Lake, Hanover) 763-682-6820
www.loveincbigwoods.org

Love INC – Heartland (Delano, Rockford, Montrose) 763-972-6547 Fax: 763-972-6548
 318 Railroad Avenue Box 143 Delano, MN 55328
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 211, 800-543-7709

Community Support Program (CSP)

Benton & Stearns County
Catholic Charities – Hope CSP 320-240-3324 Fax: 320-240-3339
 157 Roosevelt Road Suite 300 St. Cloud, MN 56301 www.ccstcloud.org

Wright County CSP 763-682-7242

Sherburne County CSP 763-765-4000

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	800-434-7569
Country Manor	320-253-3343
DMT Homehealth Services	763-856-3056
Mains'I	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	888-480-7045

Veteran's Services

Eagles Healing Nest 310 Highway 71 N Unit 881 Sauk Centre, MN 56378	320-351-6200
Minnesota Department of Veterans Affairs	www.mdva.state.mn.us
St. Cloud VA Health Care System 4801 Veterans Drive St. Cloud, MN 56303 www.stcloud.va.gov	320-252-1670
Veterans Linkage Line	888-LINKVET (546-5838)
Veterans Services Benton County 531 Dewey St Foley, MN 56329	320-968-5044 Fax: 320-968-5239
Sherburne County 13880 Business Center Drive NW Elk River, MN 55330	763-765-3100 Fax: 763-765-3124
Stearns County 3301 County Road 138 Waite Park, MN 56387	320-656-6176 Fax: 320-656-6257
Wright County 10 2 nd Street NW Room C-114 Buffalo, MN 55313	763-682-7326 Fax: 763-682-4554

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. Information is as of: April 30, 2020. The list is periodically updated and can be found on the DHS website (<https://mn.gov/dhs/>) and searching “ARMHS Providers”.

	Benton	Sherburne	Stearns	Wright
Catholic Charities				
320-240-3324				
Fax: 320-240-3339	X	X	X	
157 Roosevelt Road Suite 300 St. Cloud, MN 56301				
www.ccstcloud.org				
Central MN Mental Health Center				
763-682-4400				
Fax: 763-682-1353	X	X	X	X
1321 13 th Street N, St. Cloud, MN, 56303				
308 12 th Avenue S Buffalo, MN 55313				
www.cmmhc.org				
Family Support Services, Inc.				
St. Cloud: 320-253-3512				
(A division of Nystrom & Associates, LTD.) Fax: 320-253-1037				
Otsego: 763-746-9492	X	X	X	X
Fax: 763-746-3685				
101 Dehler Drive Sartell, MN 56377				
9245 Quantrelle Avenue Otsego, MN 55330				
www.nystromcounseling.com				
Recover Health Resources, LLC				
320-259-1369				
(Specializes in East African and Refugee populations) Fax: 320-259-1938			X	
2719 W Division Street Suite #5 Saint Cloud, MN 56301				
http://www.recoverhealthresources.com				
Rise				
320-656-5608				
Fax: 320-656-5617	X	X	X	X
3400 First Street N Suite 105 St. Cloud, MN 56303				
www.rise.org				
Solutions Behavioral Healthcare Professionals				
320-281-5305				
Fax: 320-281-5306	X	X	X	
423 Great Oak Drive Waite Park, MN 56387				
www.solutionsinpractice.org				
WeCare, LLC				
866-511-6621				
Fax: 800-532-1684	X	X	X	X
2241 Roosevelt Road, Suite 5, St. Cloud, MN 56301				
www.wecaremn.net				

Financial

Energy Assistance

Salvation Army (Wright) 763-497-3867 Fax: 763-497-3865
3989 Maciver Ave. NE St. Michael, 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 Connect 615-330-8080
Fax: 770-904-6911
www.rxconnect.com

Rx Outreach 800-769-3880
www.rxoutreach.org

Rx Hope www.rxhope.com

Together Rx Access www.togetherrxaccess.com

Other Information & Financial Resources

- Bridge to Benefits** www.mn.bridgetobenefits.org
- Children's Defense Fund Minnesota** 651-227-6121 Fax: 651-227-2553
555 Park Street Suite 410 St. Paul, MN 55103
www.cdf-mn.org
- Catholic Charities** (Benton, Sherburne, Stearns) 800-830-8254, 320-229-4560
157 Roosevelt Road Suite 100 St. Cloud, MN 56301 Fax: 320-229-4562
www.ccstcloud.org
- Catholic Charities of St. Paul and Minneapolis** (Wright) 651-291-0211
1200 2nd Avenue S Minneapolis, MN 55403
www.cctwincities.org
- Lutheran Social Service of Minnesota** 320-251-7700 Fax: 320-251-8898
22 Wilson Avenue NE Suite 110 St. Cloud, MN 56304
www.lssmn.org
- 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 <http://salvationarmynorth.org>
- 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: 320-925-0057

United Way

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: 320-252-7870

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
www.ccstcloud.org

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

Catholic Charities – Housing Services
157 Roosevelt Road Suite 200 St. Cloud, MN 56301
www.ccstcloud.org

800-830-8254, 320-229-4576
Fax: 320-253-7464

Central Minnesota Habitat for Humanity
3335 W. St. Germain St, Suite 108 St. Cloud, MN 56301
www.cmhfh.org

320-656-8890 Fax: 320-656-8841

Central Minnesota Housing Partnership, Inc.
37 28th Avenue N Suite 102 St. Cloud, MN 56303
www.cmhp.net

320-259-0393, 888-203-9301
Fax: 320-259-9590

Great River Family Promise
Box 592 Elk River, MN 55330
www.greatriverfamilypromise.org

763-441-9093

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)

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 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 1312 First Street N St. Cloud, MN 56303	320-654-0650 Fax: 320-253-1671
Lange's 13892 37 th Street Clear Lake, MN 55319 http://www.langeboardandroom.com	763-662-2836
Murphy's Boarding Home 1101 3 rd Street N St. Cloud, MN 56303	320-251-6567
Place of Hope Ministries 511 N 9 th Avenue St. Cloud, MN 56303 www.placeofhopeministries.org	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 15 th Avenue N St. Cloud, MN 56303 http://ccstcloud.org	320-252-8350
Sunset Ridge of Annandale Inc. (men only) 4986 County Road 6 NW Box 705 Annandale, MN 55302	320-274-8060
Washington Place LLC 820 8 th 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	320-253-6900 Fax: 320-253-5563
Place of Hope Ministries 511 9 th 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 http://salvationarmynorth.org	320-252-4552 Fax: 320-252-1424

Transitional Housing

Catholic Charities – DOMUS Transitional Housing 320-259-9270 Fax: 320-259-4967
 P.O. 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 7th Street E 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 320-266-7418
15861 101st St SE Becker, MN 55308

Blue Plus Transportation Services 866-340-8648

Faith in Action www.grfia.org
Benton 320-258-8673
Sherburne 763-263-4277
Stearns 320-258-8673
Rural Stearns (Cold Spring area) 320-685-3693

Foley Area C.A.R.E. (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 St., 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

Advocacy & Legal Aid

Central Minnesota Legal Services 110 6 th Avenue S Suite 205 St. Cloud, MN 56301 www.centralmnlegal.org	800-622-7773, 320-253-0138 Fax: 320-253-5794
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Disability Advocates:	Outreach Services	612-332-6773
	St. Cloud Housing Coalition	320-229-7684
	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 800-360-2889, 320-253-0121
830 W St. Germain Street Ste. 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>

Dental Associates of St. Paul 651-735-0595
1790 7th Street E St. Paul, MN 55119
www.dentalassociatesmn.com

K.O.A.L.A. Dental Care 763-682-6441
20 1st Avenue S Buffalo, MN 55313
www.themolardoctors.com

K.O.A.L.A. Dental Care 866-337-4897, 320-253-8380
1521 Northway Drive St. Cloud, MN 56303
www.themolardoctors.com

Park Dental Elk River 763-201-1313
18230 Zane Ave NW Elk River, MN 55330
www.parkdental.com

St. Cloud Technical College Dental Clinic 320-308-5919 Fax: 320-308-5055
1540 Northway Drive St. Cloud, MN 56303
<http://www.sctcc.edu/dental-clinic>

Today's Dental St. Cloud 320-774-2556
4128 2nd Street S St. Cloud, MN 56301
www.todaysdentalmn.com

University of Minnesota School of Dentistry 612-625-2495
Moos Tower 515 Delaware Street SE Minneapolis, MN 55455
www.dentistry.umn.edu

Interpreters/Cultural Competence

Language Line 800-752-0696

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

Nutrition

Supplemental Nutrition Assistance Program (SNAP)

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

Benton County Human Services	800-530-6254, 320-968-5087
Sherburne County Human Services	800-433-5239, 763-765-4000
Stearns County Human Services	800-450-3663, 320-656-6000
Wright County Human Services	800-362-3667, 763-682-7400

SNAP Hotlines	Twin Cities Metro Area: 651-431-4050
	Outside Metro Area: 800-657-3698

Annandale Food Shelf 320- 274-FOOD (3663)

Becker Food Shelf 763-261-4612

Big Lake Community Food Shelf 763-263-2432

Buffalo Food Shelf 763-684-1699

CAER Food Shelf (Elk River) 763-441-1020

Catholic Charities Emergency Services Food Shelf
St. Cloud, Sauk Rapids, Sartell, St. Augusta & Waite Park communities: 320-229-4560

Clearwater -Clear Lake Emergency Food shelf 320-558-2954

C.R.O.S.S. Center (Serves Benton County; located in Foley): 320-968-7012

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

Monticello Food Shelf 763-295-4031

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

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

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

Websites

ADHD Resources & Info www.adhdoutloud.com

The Arc (Intellectual and developmental disabilities advocacy) <http://thearcofminnesota.org/>

Big Give MN www.biggivemn.org

Bipolar Disorder Information www.healthline.com/health/bipolar-disorder

Brain Injury Alliance www.braininjurymn.org

Department of Human Services www.mn.gov/dhs

Disability Resources www.disability.gov

Disability Benefits 101 www.db101.org

Doctor on Demand www.doctorondemand.com

Fast-Tracker – Your link to MN Resources www.fast-trackermn.org

Help for Depression www.helpfordepression.com

Housing Link www.housinglink.org

Legal Services – Online www.mnlegalservices.org

Mental Health America www.mentalhealthamerica.net

Mental Health Association of Minnesota www.mentalhealthmn.org

Mental Health Consumer/Survivor Network www.mhcsn.org

Minnesota Help.info www.minnesotahelp.info

Minnesota Military Family Foundation www.minnesotamilitaryfamilyfoundation.org

Minn. State Advisory Council on Mental Health www.mentalhealthcouncilsmn.com

National Alliance on Mental Illness www.namihelps.org

National Coalition for Mental Health Recovery www.ncmhr.org

National Council	www.thenationalcouncil.org
National Mental Health Information Center	www.mentalhealth.samhsa.gov
Office of the Ombudsman for Mental Health and Developmental Disabilities	www.ombudmhdd.state.mn.us
Resource Center to Promote Acceptance, Dignity and Social Inclusion	www.stopstigma.samhsa.gov
Ruby's Pantry (Rural Foodbank, see website for locations)	www.rubyspantry.org
Social Security Online	www.ssa.gov
Substance Abuse and Mental Health Services Administration	www.samhsa.gov
Suicide Awareness Voices of Education	www.save.org
Ticket to Work	www.yourtickettowork.com
Work Incentives Connection	www.mnworkincentives.com
WRAP and Recovery Books	www.mentalhealthrecovery.com

Glossary

Advanced Psychiatric Directive: A written tool used to make mental health care decisions when an individual is unable to do so because of incapacity.

Adult Foster Care: Licensed, sheltered living arrangement for up to four functionally impaired adults in a family - like environment. Adult foster care is available to persons age 18 years or older. Adult foster homes provide food, lodging, protection, supervision and household services. They may also provide living skills assistance or training, medication assistance and assistance safeguarding cash resources.

Adult Rehabilitative Mental Health Services (ARMHS): also known as the “MA Rehab Option” and Adult Mental Health Crisis Response Services are Medical Assistance (MA) State Plan Mental Health Services.

Assertive Community Treatment (ACT): An intensive, non-residential rehabilitative mental health service that is an identified evidence-based practice. ACT services are provided by multidisciplinary staff using a team approach, and directed to adults with a serious mental illness who require intensive services.

Assessment: Process of identifying: a) a person's strengths, preferences, functional skills and need for support and services; b) the extent to which natural supports are able to meet the person's need for support and services; and c) the extent to which human services agencies and providers are able to provide or develop needed support or services.

Brain Injury (BI) Waiver: Home and community - based services necessary as an alternative to institutionalization that promote the optimal health, independence, safety and integration of an eligible person **and** who would otherwise require the level of care provided in a specialized nursing facility or neurobehavioral hospital.

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

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

Community 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).

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 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

Make It OK

Frequently Asked Questions

Below are some frequently asked questions you may receive while leading a conversation about mental illnesses. Remember...

- You don't have to be an expert. It's ok to say "I don't know."
- Let people know if you are uncomfortable answering a specific question.
- If someone needs more or more specific information, NAMI Minnesota is an excellent resource. You can find them online at NAMIhelps.org.

I am concerned about someone I know who appears to be struggling with their mental health. Should I say something?

It depends who they are and how close you are to them. If it is someone you know very well, express concern, let them know you are open to talking about it. You might say you went to a presentation where they educated you about mental illnesses and that you learned a lot – including that it's nothing to be ashamed about and that treatment is very effective. Don't try to diagnose or give too much advice.

What do I say to someone who I fear is thinking of suicide?

Asking doesn't plant the seed. It's ok to ask someone if they are thinking about suicide and if they have a plan. Refer them to the suicide hotline or the local county crisis team. That number is 1-800-273-8255. If someone is in serious danger of committing suicide in the very near future, call 9-1-1, and don't leave them.

I supervise someone who has a mental illness. What should I or can I reveal to my team?

You can't reveal anything. Treat this as you would any other health care condition.

Can you refer me to a psychiatrist, therapist, etc.?

We never refer anyone to a specific person. Tell them to contact their insurance plan to see who is in their network. There is a fact sheet on the NAMI website that provides questions to ask when seeking a mental health provider.

Should someone disclose to their employer that they have a mental illness?

There are no easy answers. You need to think about whether accommodations are needed, how people will react, if it will affect raises or promotions, have there been negative stories in the news lately and more. Talk with an advocacy organization such as NAMI or visit ADA.gov.

Someone I supervise has just been diagnosed with a mental illness. What are my legal obligations as an employer?

Treat them like you would anyone else. Do they need accommodations? Are they asking for time off? Just because you have a mental illness doesn't mean you need to be treated any differently than an employee with some other health care condition.

How can I get involved in the Make It OK campaign?

Visit the website and take the pledge. You can also give me your name and contact information and I'll pass it on.

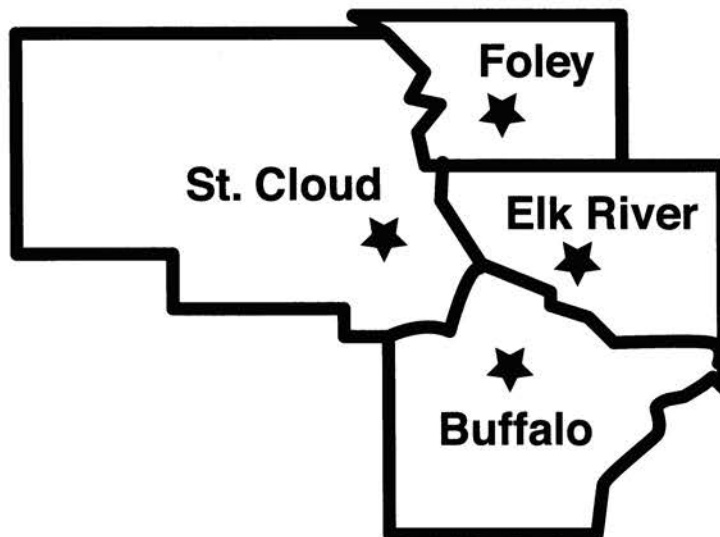
I have a loved one with a mental illness who won't seek treatment. What can I do?

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

MENTAL ILLNESS IS AS COMMON AS BROWN EYES.

For more information and resources, visit MakeltOK.org

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

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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.