

Wright County Children's Mental Health Resource Guide

www.mnmentalhealth.org

**Four County Crisis
Response Team**

800-635-8008

Crisis Text Line

Text "MN" to 741741



Crisis

Crisis Nursery: Benton & Stearns County	320-654-1090
Sherburne County	800-433-5239, 763-765-4000
Wright County	320-406-8606
Four County Crisis Response Team	800-635-8008, 320-253-5555
MN Warm Line (Peer Support Connection)	844-739-6369
National Suicide Hopeline Hotline	800-SUICIDE (784-2433)
SAVE Suicide Hotline	888-511-SAVE (7283)
988 Suicide & Crisis Lifeline	988 (Call or Text)
Crisis Text Line (Suicide Prevention Resource)	Text "MN" to 741741
Veterans Homeless Line	877-4- AID –VET (877-424-3838)

Wright County Agencies

Wright County Website	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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Mental Health Resources and Supports

After School Mental Health Programs:

***Adolescent After school Mental Health Program: Allina Health Mental Health – United Hospital** For ages 13-17 years old. 3 hours 3 times a week. Includes: group therapy and skills-based group therapy. 333 Smith Ave. N., St. Paul, MN 55102, (651) 241-5666.

Autism Resources:

***Fraser**

1801 American Blvd. E., Suite 8, Bloomington 55425, (952) 767-2267.

9120 Springbrook Drive NW, Coon Rapids 55433, (763) 231-2590.

3333 University Ave SE, Minneapolis 55414, (612) 331-9413.

721 Commerce Dr, Woodbury 55125, (651) 424-4000.

2030 Rahn Way, Eagan 55122, (651) 529-1960.

***Autism Allies:** 2400 Prairie View Lane, Buffalo 55313, (612) 384-4265.

infor@autismallies.org

***Groundbreakers – Social Skills Connection Group; Minnesota Mental Health**

Clinic: Designed to help children and adolescents ages 8-17 who are struggling socially. Groups divided by ages and meet once a week.

Location – 15160 Foliage Ave, Suite 140, Apple Valley, MN 55124. 651-395-5796

***West Metro Learning Connections, Inc.:** Autism Spectrum Disorders or Related Disorders. Offer: social skills classes, summer day camp, EIDBI (Early Intensive Developmental Behavioral Intervention), Setting IV Specialized Learning Center, Therapeutic Recreation, SPED Professional Services. To make referral contact Mary Wyatt or from agency website. 355 2nd St, Excelsior, MN 55331, (952) 474-0227.

***Plymouth Psych Group:** Autism Support for Teens, Young Adults, and Parents – Andrew Carson, Jamie Halvorson, or Donna Funderburk. 3021 Harbor Ln N. Ste. 206, Plymouth, MN 55447, (763) 559-1640.

***CMMHC:** Elk River Office – 11090 183rd Circle NW, Suite A, Elk River, MN, 55330, Phone: (763) 441-3770, Fax: (763) 441-9057 – Christine Pena, MS, LMFT.

***Autism Family Group:** Threads of Hope Counseling. The group will help family members understand what the Autism spectrum is and what the needs of the Client are. The group focuses on client and family education. The group will focus on the needs of Client in relationship to familial and social interactions, as well as aid in parenting and sibling engagement. The group will also become a support network for members and their families. Client's will be split into appropriate age groups. 6268 Boone Ave, Brooklyn Park, MN 55428, (651) 560-0050.

Chemical Dependency Resources:

***Rule 24/Rule 25 Chemical Assessments:** Wright County residents. First contact to start application process is CD intake. Will depend on insurance status; may be referred to PMAP provider. CMMHC – Buffalo 308 12th Ave. S., Buffalo, MN 55313, (763) 682-7400.

***M Health Fairview Adolescent Outpatient Programs:** Adolescents 12-19 years old that have been diagnosed with mental health and substance use disorders. To schedule an in person or video Dual Diagnosis Assessment or Chemical Health assessment call 1-800-468-3120

- Maplewood: 1675 Beam Ave, Suite 200, Maplewood, MN 55109, (612) 779-2200

- Elk River: 1230 School St, Elk River, MN 55330, (763) 241-3558

- Crystal: 2960 Winnetka Ave N, Suite 101, Crystal, MN 55427, (763) 541-4993

***Central Minnesota Mental Health Center:** Chemical Dependency Outpatient Services.

- Buffalo: 308 12th Ave. S., Buffalo, MN 55313, (763) 682-4400

- Monticello: 407 Washington St., Monticello, MN 55362, (763) 295-4001

- St. Cloud: 1321 13th St. N., St. Cloud, MN 56303, (320) 252-5010

***WINGS Adolescent Treatment Center:** Provides chemical and mental health services to adolescents. 63113 260th St., Litchfield, MN 55355, (320) 593-0440.

***Hazelden:** (651) 213-4000. Drug rehab, alcohol treatment, inpatient drug rehab, outpatient substance abuse treatment and residential treatment. Call to find out about services, available 24-hours – (877) 509-1138.

- Center City location: 15251 Pleasant Valley Rd, Center City, MN 55012.

- Plymouth location: 11505 36th Avenue North, Plymouth, MN 55441 (Ages 12-25)

- Chaska location: 1107 Hazeltine Blvd, Suite 300, Chaska, MN 55318

- Maple Grove location: 7001 East Fish Lake Road, Maple Grove, MN 55311

- St. Paul location: 680 Stewart Avenue, St. Paul, MN 55102.

* **Hazelden Center for Youth and Families**: Partial hospitalization drug program, substance abuse day treatment, outpatient drug rehab, residential short term and long-term drug rehab treatment. 11505 36th Ave N., Minneapolis, MN 55441, (800) 833-4497.

* **St. Cloud Hospital**: 713 Anderson Ave., St. Cloud, MN 56303, (320) 229-3760.

* **St. Cloud Hospital – CentraCare**: 1406 6th Ave. N., St. Cloud, MN 56303, (320) 251-2700.

* **Prairie House**: Residential long-term treatment (more than 30 days), long term substance abuse treatment, and long-term drug rehab program. 305 Prairie Road, Monticello, MN 55362, (651) 785-5647.

* **Minnesota Adult & Teen Challenge**: Substance abuse treatment and drug rehab. 1717 2nd Ave S., Minneapolis, MN 55403, (612) 373-3366.

* **Lakeside Academy**: for teenage boys, 100 Garrison Ave NE, Buffalo, MN 55313, (844)768-8336

* **African American Family Services**: Outpatient substance abuse treatment and drug rehab program. 2616 Nicollet Ave. S., Minneapolis, MN 55408, (612) 871-7878 x123.

* **Anchor Recovery MN**: Provide Rule 25 assessment or comprehensive assessments. Substance use: outpatient programming to address all types of substance use disorders; geared for persons 18 years or older. Driving with Care: a course for individuals that experienced substance misuse while driving that has led to legal consequences. Provide mental health services for children, teens, and adults of all ages: treatment for anxiety, grief, stress, and life transitions; including Accelerated Resolution Therapy, Adaptive Internal Relational Network, Eye Movement Desensitization and Reprocessing, Sensorimotor Psychotherapy, Sensory Motor Arousal Regulation Treatment, and Trauma Focused Cognitive Behavioral Health. 7 1st St NE, Unit 6, Buffalo MN 55313, (763) 250-7357.

* **Clara's House – CentraCare**: Clara's House is a *Partial Hospitalization Program* for children and adolescents ages 5-18 who may have emotional, behavioral, or psychiatric difficulties. Clara's House provides intensive, collaborative, therapeutic services with a goal of stabilization and improving emotional well-being. 1564 County Road 134, St. Cloud, MN 56303, (320) 229-4950, CD Evaluations: (320) 255-7738.

* **Nystrom and Associates**: 9245 Quantrelle Avenue, Otsego, MN 55330 (763) 746-9492

* **M Health Fairview - Elk River Dual Adolescent Outpatient**: 1230 School St. NW, Elk River, MN 55330 (763)241-3558

Crisis Resources:

***Wright County Crisis Nursery:** Free 24/7 care for children and support for families. 103 Marty Dr., Ste. 201, Buffalo, MN, 55313, (320) 406-8606.

***The Trevor Project for LGBTQI teens and young adults:** 1 (866) 488-7386 or text “START” to 678-678.

***Translifeline:** Support by and for the Trans Community. 1-877-565-8860.

***Spanish helpline:** 1 (877) AYUDESE/ (1-877-298-3373).

***Korean and Chinese (mandarin and Cantonese) helpline:** 1 (877) 990-8585

***Blackline:** Support for Black, Brown, and Indigenous Communities. 1-800-604-5841
Texting and phone help available 24/7.

***Minnesota Farm and Rural Helpline:** 1-800-600-2670 or Text “FarmStress” to 898211. 24/7 help for rural Minnesotans experiencing stress, anxiety, or depression. Trained counselors can also connect you to resources for business, financial, or legal help.

***Crisis Connection:** (612) 379-6363 or (612) 379-6366.

***Suicide and Crisis Lifeline:** Dial 988

Text to 988

Chat to 988lifeline.org/chat/

Crisis text lines:

***The Crisis Text Line:** Available to all Minnesotans 24/7. Text **MN** to **741741** you will relate to a counselor.

***Four County Crisis Response Team:** Benton, Sherburne, Stearns, and Wright. Providing community-based, immediate, mental health crisis services to children and adults. (320) 253-5555 or 1 (800) 635-8008.

Runaway:

***National Runaway Safeline:** 1-800-RUNAWAY/ (1-800-786-2929). Assist in directing you to services for youth that include protection from abuse, bullying, and commercial exploitation. They assist youth who identify as LGBTQ, who are dealing with pregnancy, who are having thoughts of suicide, or those who are thinking of running from home.

Suicide Resources and Supports:

***National Suicide Prevention Lifeline**: 24/7, free, and confidential support for people in distress, prevention, and crisis resources for you or your loved ones, and best practices for professionals. 1 (800) 273-8255

***National Hope Line Network**: 1-800-SUICIDE (1-800-784-2433)

***Suicide and Crisis Lifeline**: 1-800-273-8255 or Dial 988

Dental and Medical Resources:

Dental resources:

***Children's Dental Services ~ Wright County Public Health**. Call: (612) 746-1530.

Medical Resources:

***Project H.E.A.L.**: Free health screening. For more information call: CentraCare Family Health Center; 1555 Northway Drive, St. Cloud, MN 56303, (320) 656-7123 ext. 57123.

***Wellness on Wheels**: (Wow Van). Wright County Public Health. Health screenings; immunizations (reduced cost), pregnancy tests, blood pressure, health education, etc. No one is turned away. (763) 335-0280

***Wellness Done Wright Clinic**: For children 6 months – 21 years old. Children receive a full physical exam, hearing and vision screening, etc. Wright County Public Health Resources.

***Family Planning**: Women and men of all ages. Services are free. Access to full range of birth control methods, screenings, education, etc. Call Wright County Public Health: (763) 682-7400.

***Appletree Dental**: 8960 Springbrook Drive #150, Coon Rapids, MN 55433
(763) 784-7570

***All Smiles Dental**: 212 Clydesdale Trail, Suite 1040, Medina, MN 55340
(763) 478-6643

***U of M Dental**: 606 24th Ave. S, Minneapolis, MN 55454 (612) 659-8689

Divorce and/or Co-Parenting Resources:

***Ellie Family Services**: 7 locations: St. Paul, Woodbury, Lakeville, Minneapolis, Mendota Heights, Bloomington, and Baxter. Call (651) 313-8080.

***The Co-Parenting Institute**: This program may be able to help if: You want a good relationship with your ex or soon to be ex; your kids are sick and tired of being put in the middle; you're going through a divorce and want to make it easier for yourself and your kids; you're dealing with difficult behaviors with your child; you hate your kid's stepparents, etc.

***Therapeutic Divorce Facilitation**: Goals: To provide an environment for family members to engage in emotional healing and to develop a plan of action that is fair and promotes family wellness.

***Reunification Therapy**: For families who have experience one or more member's being separated.

***Collaborative Counseling, LLC**: Family Change and Divorce. 12918 63rd Ave. N., Maple Grove, MN, 55369, (763) 210-9966.

Domestic Violence Resources:

***Anna Marie's Alliance**: Safe shelter, support, and referral services for battered women and children. 500 11th Ave. N., St. Cloud, MN 56303, 24-hour crisis line: (320) 253-6900.

***Minnesota Day One Crisis Hotline**: 1-866-223-1111. For individual who are being hurt, abused, experiencing domestic violence, sexual assault, and/or human trafficking. Assist client in getting help, getting safe, and getting support.

***Rivers of Hope**: PO Box 511, Monticello, MN 55362, (763) 295-3433.

Eating Disorder Resources:

***The Emily Program**: Outpatient and Day Eating Disorder Treatment for adults and adolescents.

Duluth – 26 East Superior St, Suite 315, Duluth, MN 55802, 1 (888) 364-5977

St. Louis Park – 5354 Parkdale Dr, 2nd Floor, St. Louis Park, MN 55416, (651) 645-5323

St. Paul (Como location) – 2265 Como Ave., St Paul, MN 55108, (651) 645-5323

Virtual binge eating treatment – (888) 364-5977

Residential Treatment

St. Paul – 2230 Como Ave, St. Paul, MN 55108, (651) 645-5323

Minneapolis – 3012 West 44th Street, Minneapolis, MN 55410, (651) 645-5323

***Melrose Center St. Paul:** Addresses a range of eating disorder treatment and care. 2550 University Ave W, Ste 216, St. Paul, MN 55114, (952) 993-6200.

Education Resources:

Alternative School Programs:

***Wright Learning Center:** 1400 Highway 25 N., Buffalo, MN 55313, (763) 682-2792.

***Westside Alternative School:** 33 Birch Ave S, Maple Lake, MN 55358, (320) 963-3778.

***Kaleidoscope:** 7525 Kalland Ave NE, Otsego, MN 55301, (763) 428-1890.

***Swan River Montessori Charter School:** 500 Maple St., Monticello, MN 55362, (763) 271-7926.

***Jane Goodall Environmental Science:** 8008 83rd St. NW, Maple Lake, MN 55358, (952) 852-0129.

***Spectrum High School:** Grades 6-12. 17796 Industrial Cir NW, Elk River, MN 55330 (763) 241-8703.

***Knights Academy:** 60 Central Ave W, Saint Michael, MN 55376, (763) 497-2192.

***St. Michael Catholic School:** Grades K-8. 14 Main St. N, St. Michael, MN 55376, (763) 497-3887.

***Holy Spirit Academy:** Grades 9-12. 1001 E 7th St., Monticello, MN 55362, (763) 220-2402.

***St. Maximilian Kolbe Catholic School:** Grades PK-6. 235 2nd St, Delano, MN 55328, (763) 972-2077.

***Lakeside Academy:** Grades 9-12. 100 Garrison Ave NE, Buffalo, MN 55313, (844) 768-8336.

***St. Francis Xavier Elementary School:** Grades PK-8. 219 19th St NW, Buffalo, MN 55313, (763) 684-0075.

***St. Timothy's Catholic School:** Grades NS-8. 215 Division St. E, Maple Lake, MN 55358, (320) 963-3726.

***St. James Lutheran School:** Grades PK -8. 1000 7th Ave., Howard Lake, MN 55349, (320) 543-2630.

***Mt. Olive Lutheran School:** Grades PK-8. 435 Bridge Ave. E, Delano, MN 55328 (763) 972-2442.

***Ivan Sand Community School:** Grades 9-12. 1232 School St. NW, Elk River, MN 55330, (763) 241-3530.

***Freedom Academy:** 11500 Ferman Ave. SW, Waverly, MN 55390 (952) 955-2505

***West Metro Education Program:** 4825 Olson Memorial Hwy, Minneapolis, MN 55422

***Sherburne and Northern Wright Special Education Cooperative:** 302 Washington Street, Monticello, MN 55362 (763)272-2059

***Job Corps:** A no cost program offering career training. HSD/GED and free housing to youth aged 16-24. Job Corps offers training in the following industry sectors: advanced manufacturing, automotive and machine repair, construction, finance and business, health care, homeland security, hospitality, information technology, renewable resources and energy, and transportation. 1821 University Ave W, St. Paul, MN 55104. Call Kevin at (612) 790-0470.

Early Education Scholarships:

***Milestones:** Mindy Hortsch; Early Learning Scholarship Coordinator.
www.milestonesmn.org. The Early Learning Scholarships provides financial assistance to low-income families to support the enrollment of their young children in high quality early childhood programs (Childcare or Preschool). Programs that are eligible to receive Early Learning Scholarships are programs that are currently in a Full-Rating Pathway Cohort or rated at a One to Four Star Parent Aware Rating.

To be eligible to receive an Early Learning Scholarship families must be at or below 185% of federal guidelines or receive a type of public assistance. Also have a child who is 3 or 4 years old by September 1st of the current school year and not age eligible for kindergarten. The family needs to live in Stearns, Benton, Sherburne, or Wright County. In addition, if a child who is birth to 5 years of age and not age eligible for kindergarten who are in Foster Care, in need of child protective services (may require referral), has experienced homelessness in the last 24 months or has a parent under the age of 21 who is pursuing a high school or general education equivalency diploma (GED) would also qualify.

The number of Early Learning Scholarships available is limited. In addition, we need to assure that Early Learning Scholarship dollars are spread throughout our service area. Therefore, we cannot guarantee a scholarship will be approved even if the above criteria are met.

If you think you have a family that is eligible feel free to send them to www.milestonesmn.org. to find out how to apply and to see if they are eligible. The family will need to fill out the application and submit income verification to Milestones. If the family needs extra assistance have them contact Mindy at (320)251-5081 or at mhortsch@milestonesmn.org. After Milestones receives the necessary documentation, I will notify the family regarding the status of their application. 314 10th Ave S, Suite 180, P.O. Box 548, Waite Park, MN 56387, (320) 251-5081 ext. 225.

College funding:

**** MN Education and Training Voucher (ETV) program***

The ETV program provides up to \$5,000 per school year to eligible students. The ETV award year is July 1 to June 30 each year. **Eligibility:** Students are eligible to apply to the MN ETV program if they are under age 26, accepted into an accredited, Federal Pell grant-eligible institution of higher education, graduated from high school or received a GED, awarded financial aid (such as the Federal Pell grant and MN State Grant) and one of the following:

- In foster care 30 consecutive days or more between their 17-18th birthdays, or
- Left foster care at age 16 for adoption or transfer of legal and physical custody to a relative, or
- Under state or tribal guardianship at age 18. Eligible students can request a tuition waiver from their school.

Students can apply to the program for 5 years if they meet the following criteria:

- Have not reached their 26th birthday, and
- Continue to attend an accredited post-secondary school, and
- Are making progress in their school program (earning credits/GPA above 2.0), and
- Are awarded financial aid.

Day Treatment Programs:

**** MAWSECO***

- **Cornerstones Day Treatment:** Grades 7-12. 1405 3rd Ave NE, Buffalo 55313, (763) 682-6440.

- **Eastern Wright Day Treatment:** Grades 5-7. 1405 3rd Ave NE, Buffalo 55313, (763) 682-6440.

- **Journeys Program:** K-4th grade. 720 9th Ave., Howard Lake, MN 55349, (320) 543-1122.

**** Catholic Charities Day Treatment:***

-**St. Cloud Day Treatment:** 1712 7th Ave. S., St. Cloud 56301, (320) 650-1590.

-**Young Learners Program:** Ages 3-6. 1726 7th Ave S., St. Cloud 56301, (320) 229-6060.

-**Elk River Day Treatment:** 508 Freeport Ave NW, Elk River 55330, (763) 441-1578.

Food and Clothing Resources:

Clothing Resources:

***Wrapped In Love**: Provides new and gently used clothing free of charge to families with foster, kinship, and adopted children. Clothing sizes newborn to adult. 18 Division St. E, Ste. C, Buffalo, MN 55313, (763) 508-3445.

***Wright County Community Action/Wright County Thrift Shop**: 411 Elm Ave, Waverly, MN 55390 (763) 658-4414

***Love INC Heartland Delano Thrift Store**: 318 Railroad Ave, Delano, MN 55328 (763) 972-6547

***Love INC Big Woods Thrift Store**: 16-1st Ave. So. Buffalo, MN 55313 (763) 682-6820

Food Shelves:

***Buffalo Food Shelf**: Serves Buffalo and Montrose. 1st Monday of the month is Senior Day: 10:30 – 12:30. Tuesdays: 6:00-8:00 pm. Thursdays: 6:00 – 8:00 pm. Fridays: 10:30-12:30 pm. 301 12th Ave S, Buffalo, MN 55313, (763) 684-1699.

***Annandale Food Shelf**: Serves Annandale, Maple Lake, and South Haven. Mondays: 4-6pm. Wednesdays: 5-7pm. Fridays: 9-11am. 390 Annandale Blvd, Annandale, MN 55302, (320) 274-3663.

***CAER Food Shelf**: Serves Otsego, Elk River, and Zimmerman. Monday, Wednesday, and Friday: 10am – 2pm. Monday and Thursdays: 6-7pm. 12621 Elk Lake Rd NW, Elk River, MN 55330, (763) 441-1020.

***Clearwater-Clear Lake Food Shelf**: Serves Clearwater and Clear Lake. Monday: 5:30-7pm. Tuesday: 9-11am and 6-8 pm. Wednesday: 3-5pm. 1100 County Road 75, Clearwater, MN 55320, (320) 558-2964.

***Cokato Food Shelf**: Serves Cokato and Dassel. Friday 9-10 am ~ Call on Wednesday or Thursday from 9-12pm to order. 395 Broadway Ave S, Cokato, MN 55321, (320) 333-7877.

***Delano Helping Hands Food Shelf**: Serves Delano. Monday: 5:30-7pm. Tuesday: 9-11am and 6-8pm. Wednesday: 3-5pm. 140 Elm Ave, Delano, MN 55328, (763) 972-4455.

***Hanover Area Food Shelf**: Serves Albertville, St. Michael, Hanover, and parts of Corcoran/Loretto. 1st and 3rd Monday: 5-7 pm. Tuesday and Friday: 12-2pm. Wednesday: 10-2pm. 11024 Church St. NE, Hanover, MN 55341, (763) 498-0086.

***Monticello Help Center**: Serves Monticello. Appointment only. Monday, Wednesday, Friday: 9-1:30. Wednesday 6-7:30pm. 215 Cedar St., Monticello, MN 55362, (763) 295-4031.

***River Works**: Serves Rockford and Greenfield. Monday and Thursday: 5:30-7:30pm. Tuesday: 9:30-11am. 7955 Hwy 55, Rockford, MN, 55373, (763) 477-5480.

***WCCA Food Shelf**: Serves all of Wright County. Monday, Wednesday, and Friday: 9-1:30pm. Tuesday and Thursday: 9-6:30pm. 411 Elm Ave, Waverly, MN 55390, (763) 658-4474.

Guardianship:

***The Arc Minnesota**. Arc Guide to Guardianship. <https://arcminnesota.org/resource/arc-guide-to-guardianship/> . Promotes and protects the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion. 2446 University Ave W., Suite 110, St. Paul, MN 55114, (952) 920-0855.

***Wright County Health and Human Services Resources on Guardianship**. <http://www.co.wright.mn.us/713/TransitionGuardianship>

3650 Braddock Ave. NE, Buffalo, MN 55313, (763) 682-7400

Homelessness Resources:

***Hope Housing Services**: Lutheran Social Services – 18 years or older. 716 East St., Brainerd, MN 56401, (218) 824-1437.

***FacetoFace ~ Empowering Youth**: [Face to Face \(face2face.org\)](http://face2face.org). Supports youth ages 11-24 with healthcare, mental health services and basic needs services for youth experiencing homelessness.

- Arcade location: Health Clinic & Admin Services – 1165 Arcade St, St. Paul, MN 55106, (651) 772-5555.

- SafeZone: Youth Drop-In Center, Ages 14-24 – 130 East 7th St., St. Paul, MN 55101, (651) 224-9644.

~If you are a teen or young adult experiencing homelessness or at risk of becoming homeless call: (651) 224-9644.

~If you need medical or mental health support call: (651) 772-5555.

***The Bridge For Youth**: www.bridgeforyouth.org. Provides runaway & homeless youth with safe shelter, assists in prevention & resolution of family conflicts, & reunifies families whenever possible. 1111 West 22nd St, Minneapolis MN 55405. Call for help: (612) 377-8800. Text for help: (612) 400-SAFE (7233).

***YouthLink:** www.youthlinkmn.org. Work with homeless youth, age 16-23. Located in downtown Minneapolis & serve youth across the Twin Cities. Our drop-in center is a safe, non-judgmental place for youth 16-24 years old from all backgrounds, races, genders, & orientations. 41 N 12th St, Minneapolis, MN 55403, (612) 252-1200.

***Great River Family Promise:** Provide overnight shelter, meals, and hospitality for up to four families for one week every four months on a rotating basis. PO Box 592, Elk River, MN 55330, (763) 441-9093.

***St. Cloud Salvation Army Emergency Shelter:** 400 US Hwy 10 S, St. Cloud, MN 55304, (320) 252-4552 or (320) 252-2229.

Independent Living Skills:

***SAIL Group: Support & Advocacy for Independent Living:** Teaching independent living skills to youth ages 16-21. Catholic Charities. (320) 229-6038.

Job Training:

***Hubert H. Humphrey Job Corps Center:** Job Corps is a no-cost education and career technical training program that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training. At Hubert H. Humphrey Job Corps Center, we support the Job Corps program's mission to teach eligible young people the skills they need to become employable and independent and place them in meaningful jobs or further education. 1480 Snelling Ave. N., St. Paul, MN 55108, (800) 733-5627.

***Central Minnesota Jobs & Training Service (CMJTS):** CMJTS is dedicated to serving young and emerging adults by providing employment and training services that connect them with careers and help them achieve success. 406 7th St. E., Monticello, MN 55362, (763) 271-3700.

Young adults, up to age 24, prepare for the workforce. Youth employment specialists work with schools, nonprofits, private businesses, and other agencies to assist young people by connecting them with career pathways and increasing their employability and earning potential. This is achieved by providing or connecting participants with the services they need, such as:

- Tutoring and study skills development
- Career pathway and post-secondary training exploration
- Paid and unpaid work experience opportunities and internships
- Job shadowing
- Occupational skills training
- Apprenticeship and/or pre-apprenticeship
- Leadership development
- Adult mentoring
- Financial literacy and budgeting assistance
- Entrepreneurial skills development
- Alternative secondary school services
- Financial assistance
- Follow-up services to ensure continued success

Law/Legal Resources:

***Law Library Wright County:** Law Librarian, Colleen Norgren. 3700 Braddock Ave NE, Suite 012, Buffalo, MN 55313, (763) 682-7592.

***Law Help Minnesota:** www.lawhelpmn.org . Help Minnesotans solve legal problems. Learn about legal issues and free lawyers. Focused on helping you solve family, debt, housing, work, and other legal problems.

***Central Minnesota Legal Services:** Provides free legal help to low-income individual and families to assist with civil legal issues.

- Minneapolis – 111 North 5th St, Suite 402, Minneapolis, MN 55403, (612) 332-8151.

- St. Cloud – 110 Sixth Ave South, Suite 205, St. Cloud, MN 56301, (320) 253-0138.

- Willmar – 415 Seventh St. SW, Suites 101, Willmar, MN 56201, (320) 235-0138.

***Volunteer Lawyers Network:** Mondays, Wednesday, Thursdays 9:00 am – 1:00 pm. Connects people experiencing poverty with trained volunteer lawyers, who provide advice, brief services, or representation in court. Assist with family, civil, employment, housing, immigration, debt collection. (612) 752-6677.

***Legal Aid:** Free legal advice. 111 N. 5th St., Ste. 402, Minneapolis, MN 55403, (612) 334-5970.

Mentoring Resources:

***Timber Bay:** Provides support groups and mentoring for ages 12-18 years old. Provides transportation and dinner. www.timberbay.org Call/text: 952-242-6170

***Treehouse:** In partnership with Timber Bay. Helps teens build relationships and resiliency rooted in living hope. Based in Minnesota, each site host programs that give teens a safe space to find support and belonging. Through mentorships, retreats, and other off-site activities, teens can build even deeper relationships with peers and caring adults.

To make a referral: Call/text: 952-242-6170 or use QR code



NAMI (National Alliance on Mental Illness) Minnesota:

www.namimn.org Local: 651-645-2948; Helpline: 651-645-7379

***NAMI St. Cloud Area:**

<http://www.namistcloud.com/>

PO Box 771, Saint Cloud, MN 56302, (320) 654-1259.

Neuropsychological Evaluations:

***St. Cloud Neurobehavioral Associates:** 3812 8th Street N, Suite 200, St. Cloud, MN 55303, (320) 258-3833.

***Minneapolis Clinic of Neurology:**

- Golden Valley - 4225 Golden Valley Rd., Golden Valley, MN 55422, (763) 588-0661
- Edina – 3400 West 66th St., Ste. 150, Edina, MN 55435, (952) 920-7200
- Burnsville – 501 East Nicollet Blvd., Ste. 100, Burnsville, MN 55337, (952) 435-8516
- Maple Grove – 9645 Grove Cir. N., Ste. 100, Maple Grove, MN 55369, (763) 302-4114
- Coon Rapids – 3833 Coon Rapids Blvd., Ste. 100, Coon Rapids, MN 55433, (763) 427-8320

***Noran Neurological Clinic:**

- Minneapolis – 2828 Chicago Ave., Ste. 200, Minneapolis, MN 55407, (612) 879-1500
- Blaine – 11091 Ulysses Street NE, Ste. 100, Blaine, MN 55434, (612) 879-1549
- Lake Elmo – 8515 Eagle Point Blvd, Ste. 100, Lake Elmo, MN 55042, (612) 879-1549

***Adolescent Neuropsychology, LLC.** 5100 Eden Ave Ste 109, Edina 55436, (952) 388-7088.

***Psychology Consultation Specialists.** 3300 Fernbrook Ln #120, Plymouth MN 55447, (763) 559-7050.

***Nystrom & Associates – Otsego Clinic.** 9245 Quantrelle Ave., Otsego MN 55330, (763) 746-9492.

***Five Rivers Mental Health Clinic:** 1650 Madison Ave, Suite 102, Mankato, MN 56001 (507) 345-7012

***Brunetti Consulting:** 21308 John Milless Drive, Suite 101B, Rogers, MN 55374, (763) 428-4060

Out of Home Placement Resources:

Group Homes:

***Nexus Mille Lacs Group Home:** Ages 14-19.

Residential Treatment Program:

***Nexus Gerard Family Healing:** Males and females ages 6-18. A highly structured, safe, and supervised space to recover and grow. Keep family engaged through the process. Address emotional and behavioral issues, treat underlying mental health & trauma conditions, improve school success. 1111 28th St NE, Austin MN 55912, (507) 433-1843.

***Nexus Mille Lacs Family Healing:** A highly structured, safe, and supervised space to recover and grow. Keep family engaged through the process. Address emotional and behavioral issues, treat underlying mental health & trauma conditions, improve school success. 407 130th Ave S, Onamia, MN 56359, (320) 532-4005.

***Northwoods Children's Services:** 714 W College St. Duluth MN 55811, (218) 724-8815.

-**Residential Treatment:** 10 to 11 students grouped according to their treatment needs, gender, diagnosis, and age. Ages of children/adolescent are 5 – 17 years old.

-**Psychiatric Residential Treatment Facility:** Children and adolescents ages 5-17. A highly structured nonhospital based treatment for children and adolescents who are experiencing significant difficulties because of a SED and need a more intensive setting.

-**Diagnostic and Assessment Center:** A comprehensive 35-day evaluation. Children and adolescents ages 5-17. Live in evaluation.

***Avanti Center:** This program uses DBT to treat adolescents ages 12-18 experiencing mental health crisis, who need residential treatment, short term evaluation, or shelter. 10300 Flanders St. NE, Blaine, MN 55449, (763) 230-7470.

***Village Ranch Services:** (320) 286-2922 or (612) 270-2139.

Residential Programs:

- Cokato: 13637 60th St. SW, Cokato, MN 55321. *Boys aged 12-18. Adolescents struggling with mental health and behavioral issues.*

- Annandale: 380 Annandale Blvd., Annandale MN 55302. *Girls aged 12-18. Adolescents struggling with mental health and behavioral issues.*

- Hutchinson: 851 Dale St., Hutchinson, MN 55350. *Boys aged 15-19. Focuses on building independent living skills of teenage boys.*

- Rochester: 1117 1st Ave NE, Rochester, MN 55906. Boys aged 15-18.
Focuses on building independent living skills of teenage boys.

Family Focus Program:

12-week program that centers around assisting parents with transitioning their adolescent home with the necessary support and services to ensure successful reintegration into the community. The goal is development and implementation of a family specific support plan. Phone: (320) 286-2922 Ext. 204

***Leo A. Hoffmann Center:** Hoffmanncenter.org. PRTF that provides intensive treatment for children/adolescents ages 8-21 with complex mental health conditions. 1715 Sheppard Dr., St. Peter, MN 56802, (507) 934-6122.

***Newport Academy:** Residential for teen boys and girls struggling with mental health issues, eating disorders, and substance abuse. 1726 7th Ave S, St. Cloud, MN, (763) 634-6375.

Partial Hospitalizations/Assessment:

***Prairie Care**

- Brooklyn Park: 9400 Zane Ave N, Brooklyn Park, MN 55443, (763) 762-8800.

- Chaska: 212 Medical Building: 111 Hundertmark Rd, Ste. 205N, Chaska, MN 55318, (952) 903-1350.

- Edina: 6363 France Ave S., Edina, MN 55435, (952) 230-9100.

- Maplewood: 2001 Beam Ave, Maplewood, MN 55109, (952) 737-4500.

- Woodbury: 659 Bielenberg Dr, Woodbury, MN 55125, (651) 259-9710.

* **Allina West Health Adolescent Partial Hospitalization Program:** Contact Megan Hickenbottom at 763-577-7925. Intensive group therapy environment to help prevent and reduce hospitalization. Provides family therapy, coping skills development, process groups, and care coordination. This program is for anyone who recently was hospitalized, anyone who has had repeated visits to the emergency department, anyone who are not getting their needs met from outpatient services. It is a 2–4-week program for adolescents aged 13-18. Program runs daily, Monday – Friday from 10 – 1:30 pm. Psychiatric consult and family therapy would occur outside the program times.

***M Health Fairview Partial Hospitalization Programs:**

Minneapolis: 2450 Riverside Ave, Minneapolis, MN 55454 1-800-468-3120

Maplewood: 1675 Beam Ave Maplewood, MN 55109 1-800-468-3120

***Clara's House;** 1564 Co. Road 134, St. Cloud, MN 56303, (320) 229-4950.

***Clara's House-CentraCare;** 1564 County Road 134, St. Cloud, MN 56303
(320) 255-7738

***Light House Child and Family Services:** 101 18th Ave N., Princeton, MN 55371

Acute Stabilization Program:

***Adolescent Acute Stabilization Program (AASP):** For ages 13–18 years old. For urgent and intensive care for mental health conditions. This program occurs in a hospital, but clients do not stay overnight. Program is Monday – Friday from 9-3. Allina Health Mental Health – Abbott Northwestern Hospital. 800 E 28th St., Wasie Building, Ste. 600, Minneapolis, MN, 55407, (612) 863-5327.

PMAP Contracted Agencies:

***Volunteers of America:** (952) 945-4000.

***Central Minnesota Mental Health Center:** (320) 257-4222.

***Nystrom and Associates:** (763) 746-9492.

***Culture Bound, LLC.** 1546 6th Ave S, Apt. 63, St. Cloud, MN 56301, (763) 703-0976.
Email: Abdigani.ahmed@gmail.com Fax (320) 295-7862.

Psychiatrists:

***CentraCare Behavioral Health:** 1900 CenterCare Cir, St. Cloud, MN 56303, (320) 229-4977.

***Allina West Health:** Contact Megan Hickenbottom at (763) 577-7925.

***Central Minnesota Mental Health Center:**

407 Washington St, Monticello, MN 55362, (763) 295-4001.

308 12th Ave. S., Ste 1, Buffalo, MN 55313, (763) 682-4400.

1321 13th St. N., St. Cloud, MN 56303, (763) 252-5010.

***Plymouth Psychiatric Group:** 9655 Schmidt Lake Road, Suite 150, Plymouth, MN 55447, (763) 559-1640.

***Nystrom and Associate:** 9245 Quantrelle Ave NE, Otsego, MN 55330, (763) 746-9492.

Psychosexual Assessment:

***CORE Professional Services, P.A.**: 110-14th Ave. East, Sartell, MN 56377, (320) 202-1400. Services offered: Sexual addiction therapy, adult sex offender treatment program, juvenile sex offender treatment program, anger assessments, domestic violence assessments, parenting assessments, psychological assessments, psychosexual assessments, healthy relationships/sexuality education classes, and individual, couples, and family therapy.

***University of Minnesota Program in Human Sexuality**: Provides: psychosexual assessment and consultation are available by fully trained, licensed professionals. 1300 South 2nd St, Minneapolis, MN 55454, (612) 625-1500.

***Alpha Emergence Behavioral Health**: Provides inpatient (residential) and outpatient treatment and management of individual who have committed a sexual offense or are at risk of committing sexual harm. 11090 183rd Circle NW, Suite C, Elk River, MN 55330, (763) 333-8001. Other outpatient locations: White Bear Lake, Minneapolis, Eagan, and Anoka. Residential Location is Minneapolis.

***Central for Sexual Health (U of M)**: Minneapolis. (612) 625-1500.

***Project Pathfinder**: St. Paul. (651) 644-8515.

***Village Ranch ~ Tina Marie**: Cokato. (320) 286-2922.

***Central Minnesota Mental Health Center**:

- Buffalo (763) 682-4400.

- St. Cloud (320) 252-5010.

Resources and Tools for Growth Mindset, Increased Self-Esteem:

~**Big Life Journal**: <https://biglifejournal.com/> They create engaging resources that help kids develop a growth and resilient mindset; so, they can face life's challenges with confidence. Products include:

*Journals for children aged 6 and up

*Growth mindset conversation cards

*Growth mindset, challenges, resilience, kindness & community, confidence & self-esteem, positivity & connection, and gratitude and mindfulness kits

*Posters

*Lesson plans and teaching guides

****Therapist Aid:*** <https://www.therapistaid.com/> They create and share worksheets, videos, guides, and other tools to aid mental health professionals in their work with children and adolescents. Topics include: anger, anxiety, CBT, communication, DBT, depression, emotions, grief, relationships, relaxation, self-esteem, stress, etc. Download Free PDFs.

****Positive Psychology.com:*** <https://positivepsychology.com/self-esteem-worksheets/> Self-esteem worksheets and activities for teens. Download free PDFs.

****Social Workers Toolbox.com:*** <http://www.socialworkerstoolbox.com/> . Free social work tools and resources. Several resource areas such as: Adoption & fostering, alcohol, bullying, CSE & sexual abuse, disability and health, domestic abuse, drugs, mental health, parenting, safety, etc. Then under each area they are specific subcategories such as: self-harm, depression, suicide, etc. under the mental health area.

****Mental health.gov.:*** <https://www.mentalhealth.gov/talk/parents-caregivers> Recognizing mental health in children and what you can do. Tips for parents/caretakers, for youth looking for help, and for family and friends of someone who has a mental health illness.

****Association for Children's Mental Health:*** <http://www.acmh-mi.org/> . Provides information, support, resources, referral and advocacy for children and youth with mental, emotional, or behavioral disorders and their families.

~Resources on Death for Young Children and Families:

<https://www.naeyc.org/resources/topics/coping-stress-and-violence/resources-death>

****Sesame Street in Communities:*** <https://sesamestreetincommunities.org/> Resources including videos on topics such as: asthma, autism, community violence, divorce, exploring emotions, foster care, homelessness, incarceration, parental addiction, resilience, etc.

The National Institute of Mental Health (NIMH):

<https://www.nimh.nih.gov/index.shtml> The lead federal agency for research on mental disorders. Provides brochures and Fact Sheets. Shareable information:

<https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-child-and-adolescent-mental-health.shtml>

Sexual Assault & Sex Trafficking Resources:

****Central Minnesota Sexual Assault Center:*** Provide a 24-hour crisis line, 1:1 support counseling, advocacy with LE, court, etc., assistance with orders for protection, safety planning, human trafficking services, etc. 15 Riverside Drive NE, St. Cloud, MN 56304, Call (320) 251-4357 or 1(800) 237-5090.

Support Groups:

DBT Groups:

***Bridging Hope Counseling:** www.BridgingHopeCounseling.com 311 Brighton Ave. S., Buffalo, MN 55313, (763) 291-5505.

***Nystrom and Associates:** 9245 Quantrelle Ave NE, Otsego, MN 55330, (763) 746-9492.

***Headway Emotional Health Services:** 701 Decatur Ave. N., Minneapolis, MN 55427, (763) 746-2400.

***Central MN Mental Health Center:** 308 12th Ave. S., Buffalo, MN 55313, (763) 682-4400.

Groups:

***Yoga Calm for Kids by Carli Anderson:** Play more and Prosper. Every Thursday. A program that combines yoga with social/emotional learning for kids ages 8-11. Yoga Calm focuses on teaching strategies that kids can utilize to manage anxiety, depression, and other concerns. Through experiential activities, Yoga Calm helps young people learn life lessons. The cost will be \$60 for all 6 weeks of class. Send an email to info@playmoreandprosper.com for more info. 18205 45th Ave N #A, Plymouth, MN 55446, (763) 355-5488.

***Domestic Violence Support Group for Women:** Optimistic Living Counseling. Are you in an abusive relationship and feel all alone and unsure what to do? We are here to help you and let you know you are not alone. Domestic abuse is comprised of behaviors used by one person in a relationship to control the other. It can take on many forms (physical, verbal, emotional, financial, sexual, mental, psychological, and identity) and follows a cycle. This group is designed for women to support each other, gather resources, learn more about domestic abuse and find a way out. We also offer individual counseling for domestic abuse. 10904 57th St NE, Suite 106, Albertville, MN 55301, (763) 497-0733.

***Friendship Camp:** Stable Living; Dena Sage, MSW. (Ages 5-12) Come practice Social Skills at Friendship Camp at Stable Living farm and horse stable this summer. Offering two four-week sessions that run Tuesdays and Thursdays from 11:00am-1:00pm. (bring your own lunch) We will have 45 minutes of instruction time, 30 minutes for lunch and 45 minutes of guided play and interaction. Topics may include empathy, perspective taking, effective communication, body regulation, self-esteem, and mindfulness. 680 Game Farm Rd N, Minnetrista, MN 55359, (952) 240-1621.

***Teen LGBTQ Group (ages 14-17)**: Sentier Psychotherapy – Group that provides space for LGBTQ teens in need of connection, information, support, and healing. Group members will gain support around current life stressors, discuss topics relevant to LGBTQ teens, and connect in a safe space where everyone can be themselves. Group Meets every Tuesday at 6:30 pm. Session cost \$20-\$50. 670 Cleveland Ave S., St. Paul, MN 55116, (763) 913-8261.

***NAMI Minnesota Support Group**: All supports groups have switched to Zoom to help stop the spread of Covid-19. Go to website: www.namimn.org. Register to attend a support group; you will then be emailed a link and password to attend the group.

***NAMI Connection**: [NAMI Connection | NAMI: National Alliance on Mental Illness](#). A peer-led support group for adults who have a mental illness. Currently offering 6 different groups; different days of the week and different times of the day.

- **LGBTQ+ Connections Support Group**. A peer-led support group for people with a mental illness who are in the LGBTQ community. Saturdays 1-2:30.

- **Young Adult NAMI Connection**. A peer-led support group for young adults ages 18-30 who live with a mental illness. Currently offering 3 different group times.

- **Young Adult NAMI Connection for People with Disabilities**. A peer-led support group for young adults ages 18-30 with disabilities who have a mental illness.

- **Partners & Spouses Support Group**. A peer-led group for spouses, domestic partners, and significant others of a person with a mental illness. 2nd and 4th Tuesdays of the month; 6:30-8.

- **Mental Health Professionals Peer Support Group**. A support group for mental health professionals including those in the criminal justice system, who are impacted by COVID 19. 2nd and 4th Wednesday of the month starting 6/10; 7:30-9.

- **Family Support Groups**. A peer-led support group for families and friends of persons living with a mental illness. Currently offering 3 different days/times for group.

- **First episode Psychosis Family Support Group**. 2nd Tuesday of each month; 6-7:30.

- **Parent Resource Groups**. A peer-led support group that provides ongoing support for families and friends of persons living with a mental illness. Currently offering 3 different days/times for group.

- **NAMI Open Door Anxiety and Panic Support Groups**. A peer-led support group for individuals with an anxiety or panic disorder. Currently offering 2 different days/times for group.

Therapy:

Art Therapists:

***Theresa Høglund Mueller, MA, LPC, ATR-BC:** Creative Pilgrimages, LLC. 11099 Alcott Dr. Art Studio, Sauk Centre, MN 56375, (320) 281-1027.

***Rachelle Morrison-Weseloh, MA, LPCC, ATR:** Creative Horizons Counseling LLC. Parasol Wellness Collaborative; 9201 Quaday Ave NE, Suite 205, Otsego, MN 55330, (612) 324-2843.

Bilingual Trauma-Informed Therapist:

***Encourage Counseling Services LLC:** www.encouragecounselingservices.com
Christina Muraski, MA, LMFT Therapist. [606 8th Ave.](http://www.6068thave.com) PO Box 458, Howard Lake, MN 55349. Ph: (320) 543-6847, Fax: (320) 407-1485.
email: admin@[encouragecounselingservices.com](mailto:admin@encouragecounselingservices.com)

Bio: I am a trauma focused therapist that does attachment work with families and have experience working with children who have been adopted, are being adopted, or/and are in foster care. You can find my information on the MNAdopt.com website as well because I also partner with them. I am also bilingual in ASL and specialize in providing therapy to the Deaf/Hard of hearing community if there is a need. I use play therapy with children, and this is my primary way of working with children and families.

Equine Therapy:

***Victory Riders:** Shelly DeRosier www.victoryriders.org Program offers lessons to people with physical and mental disabilities, as well as people with mental illness. PATH Intl. certified instructor. Apr-Nov. Heated indoor arena. Non-profit. 21315 Territorial Rd, Rogers, MN, 55374, (612) 805-6279. Email: victoryriders@hotmail.com.

***We Can Ride Inc:** Mary Mitten, www.wecanride.org . Provides equine-assisted activities to persons of all ages with physical, cognitive, and emotional/behavioral disabilities or special needs. Lessons offered January through October; lessons offered days, evenings, and weekend afternoons. Sites at: Minnetonka (riding & hippotherapy), and Marine on St. Croix (riding), Indoor arena. PATH Intl. certified instructors & PATH Intl. Premier Accredited center. Non-profit. P.O. Box 463, Maple Plain, MN, 55345, (952) 934-0057. [Email: office@wecanride.org](mailto:office@wecanride.org).

*** Acres for Life Therapy & Wellness Center:** Lynn Moore, LADC, www.acresforlife.org. Instructor is EAGALA Advanced certified & licensed Chemical Dependency Counselor working with adults & children who have experienced chemical dependency, mental health issues, fetal alcohol syndrome, ADHD, trauma, abuse, grief & loss. Services offered to school groups and summer camp. Site is in Forest Lake and Chisago. Covered arena. Year around. Non-profit. 18323 July Ave N., Forest Lake, MN 55025 (651) 257-4159. Email: lmoore@acresforlife.org.

*** Cross P Ranch:** Michele Pickel www.crosspranch.com Instructor is a licensed teacher, reading specialist, college professor at Concordia University, St. Paul and is Advanced EAGALA-certified. Cross-P Ranch is the home of Horse Powered Reading. By combining EAGALA model Equine Assisted Learning activities with reading strategies, struggling readers engage their mind, body, and emotions to learn reading skills. Horse Powered Reading addresses emotional and behavioral issues along with reading skills. Summer reading camps and literacy field trips as well as limited tutoring opportunities are offered. Site in Lino Lakes. Introduction to experiential and horse powered reading instruction available online. 1225 W Rondeau Lk Dr, Forest Lake, MN 55025 (651) 343-5016. Email: pickel@csp.edu.

*** Hillside HOPE Thru Hooves:** Angel Bateman, www.hillsidehopethruhooves.com, [Info@ hillsidehopethruhooves.com](mailto:Info@hillsidehopethruhooves.com). HHH provides alternative secondary support services and spiritual growth for those struggling with life's challenges through equine-assisted growth and learning. HHH offers equine assisted learning activities for individuals, groups, retreats and camp at our fun, enriching, insightful and empowering sessions. Children, teens, and adults go there to find hope and healing from the harsh world. Indoor arena, Year-round. EAGALA certified instructor. Non-profit. 7202 181st Ave NW, Ramsey, MN 55303, (763) 238-7283.

*** On Track for Life:** pwagner@ontrackforlife.com. Equine assisted learning for teams & corporations to improve communication, problem solving, effectiveness, decision-making & leadership development. Local site in Independence, MN but she works all over the country. EAGALA certified. Pat Wagner, (651) 270-5611.

*** Behavior Solutions Plus P.A.:** Works with people who experience anxiety, depression, trauma, ADHD, intellectual disabilities, persistent developmental disorder, and serious and persistent mental health issues. Site in Inver Grove Heights. Dr. Jean Johnson, Licensed Psychologist, 1301 Corporate Center Dr, Ste 116, Eagan, MN 55121, (651) 402-6209.

*** Bunker Park Stables:** Site in Andover 550 Bunker Lake Blvd NW, Andover, MN 55304. Indoor arena year-round. A training site for Special Olympics & Special Olympics coaching certification. Kris Kelly, PO Box 10804, White Bear Lake, MN 55110, (763) 757-9445. Kris Kelly: kakelly01@aol.com.

***Hold Your Horses**: Janet Weisberg, OTR, 5265 Woodland Trail, Greenfield, MN 55357, (763) 498-0007. www.holdyourhorses.org [email: officemanager@holdyourhorses.org](mailto:officemanager@holdyourhorses.org) Therapy practice provides individualized equine-assisted services to improve quality of life, specializing in OT, PT, and psychology. Staff are board certified hippotherapy clinical specialists. Mental health sessions in partnership with Cairns Psychological Services. For information about mental health services contact Molly DePrekel at 952736-6478. Daily. Heated indoor arena, year-round. Non-profit.

***Hope Rides**: Vollie Heitkamp, 12801 DoLittle Dr, Hopkins, MN, 55305 (612) 310-6350. www.hoperides.org info@hoperides.org . Two sites: Mayer & Stacy, MN (indoor arenas at both). Lessons offered to at risk kids, kids in foster care & shelters, terminally ill kids & kids who need mentoring. Interaction between horse and human to develop life skills. May-Dec. non-profit.

***Making Strides, LLC**: Jill Beuch, 95 Country Trail West, Jordan, MN, (612) 567-0872, makingstridesot@gmail.com www.makingstridestherapy.com. Offers hippotherapy.

***PJ's Riding and Music Service**: Pat Jensen School of Horsemanship, located at Mill Creek Farm in Buffalo, MN, (763) 477-4764. PJS serves children and adults who have autism, developmental delay, physical disability, ADD, learning disabilities, visual and hearing impairments, as well as civic and recreational groups, day campers and other individuals and groups of all ages with varying disabilities and special problems. The PJS experience includes riding and music therapy designed to meet many different psychological and physical needs of riders. Primarily private lessons, but some group activities available. Vaulting is sometimes used as a therapeutic modality. Indoor arena.

***Second Chance Youth Ranch**: Robin Veatch Fitzgerald, 7202 181st Avenue, Ramsey, MN 55303, (763) 913-0761, contact@2ndchanceyouthranch.org. equestrianquest@yahoo.com Equine assisted learning for at-risk youth focusing on communication, teamwork, and leadership. Also offers workshops. Faith based. Non-profit.

***Freedom Farm**: Susie Bjorklund, 11500 Ferman Ave. SW, Waverly, MN, 55390, (952) 955-2505. www.freedomfarmmn.org [Email: info@freedomfarmmn.org](mailto:info@freedomfarmmn.org) Program serves children and adults who have physical, mental, and emotional challenges as well as veteran military service members. Healing with Horses program for female war veterans. Hope with Horses program for the disengaged high school student and at-risk teen. Year-round. Indoor arena. PATH Intl. Premier Accredited center & instructor. Non-profit.

***Health Directed Riding**: Rhonda Mostrom, PO Box 335, Grandy, MN, 55029 (612) 247-9582. www.healthdirectedriding.org [email: rkmostrom@hotmail.com](mailto:rkmostrom@hotmail.com). Program located in Cambridge, MN. Therapeutic horseback riding opportunities are offered to children and adults who have disabilities, while promoting physical, mental, and emotional well-being. May-October. PATH Intl. certified instructor. Non-profit.

***Majestic Hills Ranch Foundation**: Kris Zieska, 24580 Dakota Ave., Lakeville, MN, 55044, (952) 426-5688, kzieska@majestichillsranch.com www.majestichillsranch.org
Serving children and young adults with special needs (4-25), as well as active military and veterans in rehabilitation. PATH Intl. certified instructors. Spring-fall. Non-profit.

***River Valley Riders**: Joan Berg, 8362 Tamarack Village, #119-440, Woodbury, MN, 55125 (651) 439-2558. www.rivervalleyriders.org, [email: riberg@centurytel.net](mailto:riberg@centurytel.net). Enriching the lives of children and adults with special needs by providing equine assisted activities and therapies. Offering therapeutic horseback riding and carriage driving lessons. 2 locations: Afton, Scandia. Apr – Oct. PATH Intl. certified instructors. Non-profit.

***Stable Pathways**: Patti Franz, PO. Box 436, Cedar, MN 55011 (952) 222-8106. www.stablepathways.org, office@stablepathways.org Groundwork, and horse assisted activities for children and adults living with physical and/or cognitive challenges. Private & group lessons. Apr-Nov. Indoor arena. Site in Oak Grove. PATH Intl. certified instructors. Non-profit.

***This Old Horse at Wishbone Ranch**: www.thisoldhorse.org
info@thisoldhorse.org Lessons available to children and adults who have physical, cognitive, or behavioral disabilities. Special Olympics training site. PATH-certified instructors. Contact Wendy Gray for lesson information at wgray@thisoldhorse.org. Year round. Indoor arena. Nonprofit. Nancy Turner, 19025 Coates Blvd, Hastings, MN 55033, (651) 437-1889.

***True Strides: Shari Mangas OTR, hippotherapy certified, 8046 83rd ST NW, Maple Lake**, MN 55358, (952) 852-0101. sharim@truefriends.org, www.truestrides.org. True Strides is located at the Camp Courage site in Maple Lake. It offers hippotherapy & therapeutic horseback riding and horse activities to residential summer campers and individuals from the community all ages. Year-round. Indoor arena. Instructor is PATH International certified. Non-profit. Initial Consult free. Non-profit.

In-Home Therapy and Skills:

***Greater Minnesota Family Services**: 2320 Highway 12 E, Ste 2, Willmar, MN 56201. (320) 214-9692.

***Serenity Mental Health Services**: CTSS (Children's Therapeutic Skills and Supports). 15 2nd St. NW, Buffalo, MN 55313, P: (320) 455-9888, F: (320) 310-0983.

***Village Ranch Child and Family Outpatient Services**; 13637 60th St. SW, Cokato, MN 55321. 320-286-2922. Outpatient Services include: CTSS Skills Training, Adoption Support Services, and Sexuality-specific services.

***Nystrom and Associates**: 9245 Quantrelle Avenue, Otsego, MN 55330 (763) 746-9492

Intensive Outpatient Programming (IOP):

****Allina West Health Intensive Outpatient Program:*** Contact Megan Hickenbottom at (763) 577-7925. This is a 6–8-week program that provides moderate intensity group therapy for adolescents aged 13-18. The program will work on coping skills development and to improve resilience to manage day to day experiences.

LGBTQ+ Therapists:

****Seal Dwyer, MS, LMFT:*** Private Practice. 14 7th Ave N., St. Cloud, MN 56303, (320) 296-2530.

****Tamarah Gehlen, MA, LAMFT, LADC:*** 1195 Oakwood Court NW, Hutchinson, MN 55350. Email: gehlencounseling@yahoo.com. Website: www.tamarahgehlen.com

****Tessa Gittleman, LMFT:*** The Calli Institute, 11335 86th Ave N., Maple Lake MN 55369, (763) 244-3189. Website: www.talktutor.org.

****Sarah Harry, MA:*** Courage & Grace Counseling, LLC; 21370 John Milless Dr. #217, Rogers, MN 55374, (612) 812-4347. Website: www.courageandgracecounseling.com

****Hannah Rogak, MS, MFT, LMFT:*** Private Practice. 720 8th Ave N, St. Cloud, MN 56303, (320) 348-7513.

****Amanda Holmberg, MS, LMFT:*** Sexual Wellness Institute; 18205 45th Ave N, Suite D, Plymouth, MN 55446, (651) 401-5010. Website: [Our Location - Sexual Wellness Institute](#)

****Pride Counseling:*** Professional online counseling for the LGBTQ community. Get matched to a licensed therapist. Communicate via phone, video, and messaging. Pride Counseling is accepting of people from every gender, orientation, and identity. Counselors specialize in the LGBTQ community. Schedule sessions that work with your schedule. www.pridecounseling.com

****Family Tree Clinic:*** www.familytreeclinic.org LGBTQ Health: we provide a wide variety of sexual health services and specialized care for LGBTQ individuals through all stages of life, including low-cost STI testing and free HIV testing for all uninsured patients. 1919 Nicollet Avenue, Minneapolis, MN 55403, (612) 473-0800.

****Trans Lifeline:*** Hotline: (877) 565-8860. A hotline staffed by transgender people for transgender people. Connects trans people to the community, support, and resources they need to survive & thrive.

****Rainbow Health (Formerly Just Us Health)*** <https://rainbowhealth.org/> We offer mental, chemical, and sexual health services for the LGBTQ+ community and people living with HIV. 2577 W. Territorial Rd, St. Paul, MN 55114, (612) 341-2060.

Music Therapists:

***Hilary Fredenburg, MA, MT-BC, NICU Music Therapist:** (612)-584-0919.
www.alliancemusictherapy.com

***Keynote Music Therapy:** Kayla Shafer, MA, MT-BC. www.keynotemn.com
612-200-3284. Twin Cities Metro. Comprehensive music therapy practice providing individual, group, and consultation services to all populations.

***Kari Lunderville – Peabody, MT-BC:** Music Within. Early Childhood and Children with developmental and physical disabilities. St. Cloud and surrounding area.
(320) 333-1391.

***MacPhail Center for Music:** www.macphail.org/therapy.html . Serve individuals with; but not limited to developmental, physical, and cognitive disabilities/delays; neurologic impairments; pervasive developmental disorders including autism spectrum disorders; traumatic and acquired brain injuries. Melissa Wenzell (612) 767-5492. Twin Cities.

Neuro Therapy:

***Edina Play and Neurotherapy:** Dr. Amy Hagstrom. 6950 France Ave South, Suite 28, Edina, MN 55435, (612) 226-8581.

Occupational Therapists:

***Spot Rehabilitation & Home Care:** 2835 W St. Germain St, Suite 300, St. Cloud, MN 56301, (320) 259-4151.

***Strive Therapy Services, Inc.:** 12 1st Ave S, Buffalo, MN 55313, (763) 682-7774.

***Sunny Days Therapy:** 9346 Oak Avenue, Waconia, MN 55387, (952) 223-2506.

***Therapy For Me.** 7624 Executive Dr, Eden Prairie, MN 55344, (952) 944-0240.

***Children's Theraplay:** 2399 Ariel St N, Ste A, Maplewood, MN 55109, (651) 773-0354.

***Fraser Minneapolis:** 3333 University Ave SE, Minneapolis, MN 55414, (612) 861-1688.

Online Therapy:

***BetterHelp:** www.betterhelp.com. Affordable, private online counseling. Anytime. Anywhere. Talk with a licensed professional therapist online.

***Talkspace:** www.talkspace.com. Online therapy platform that provides users the confidential support of a licensed therapist through an easy to use and HIPAA-compliant app. Improve your mental health in the most convenient and affordable way. 24/7 access to your therapy room; flexible plans to meet your needs and your lifestyle; eliminate commute time and scheduling hassles.

***Teencounseling:** www.teencounseling.com. Specializing in counseling teens (13-19 years old). All therapists are licensed & experienced therapy by text, phone, chat & video. HIPAA compliant. Get matched with a licensed therapist who specializes in teens; therapist relates to your child; your child uses an app on their phone to communicate with the therapist, the therapist interacts with your child over text, phone, and video.

Open Access:

Open Access is a program that allows an individual (14 and older) to walk in without an appointment to see a therapist for a Comprehensive Evaluation. Most insurances except Medicare, TriWest, Tricare, Champ VA, Humana, Medicare Replacements or EAP's.

Central Minnesota Mental Health Center – Elk River Office Only. 253 8th Street NW, Suite A, Elk River, MN 55330, (763) 441-3770.

Tuesdays 8:00 am to 3:30 pm and Thursdays 12:00 pm to 3:00 pm

Outpatient Therapy:

***Nystrom and Associates:** 9245 Quantrelle Ave NE, Otsego, MN 55330
(763) 746-9492.

***Family Counseling Center:** 102 Marty Drive #2, Buffalo MN 55313, (763) 682-5420.

***Allina West Health Outpatient Services:** Contact Megan Hickenbottom at
(763) 577-7925.

***Bridging Hope Counseling:** 311 Brighton Ave S. Suite B, Buffalo, MN 55313,
(763) 291-5505.

***Healing Moments Counseling:** 1262 Cedar Street, Monticello, MN 55362,
(763) 732-3351.

***The Center for Family Counseling:**

- Monticello: 538 Walnut St., Monticello, MN 55362, (844) 221-1191.
- St. Cloud: 2025 Stearns Way, Suite 111, St. Cloud, MN 56303. (320) 253-3540.
- Sartell: 1227 Pine Cone Road, Sartell, MN 56377, (320) 253-3540.
- Maple Grove: 11292 86th Avenue North #106, Maple Grove, MN 55369, (320) 253-5040.

***Central Minnesota Mental Health Center:**

- Buffalo: 308 12th Ave. S., Buffalo, MN 55313, (763) 682-4400
- Monticello: 407 Washington St., Monticello, MN 55362, (763) 295-4001
- St. Cloud: 1321 13th St. N., St. Cloud, MN 56303, (320) 252-5010
- Elk River: 253 8th St NW, Suite A, Elk River, MN 55330, (763) 441-3770
- Waite Park: 411 3rd St. N., Waite Park, MN 56387, (320) 230-0611

***Solace Counseling:** 620 Babcock Blvd, Delano, MN 55328, (612) 584-1153.

***Solutions Counseling Services:** 703 Thielen Drive SE, St. Michael, MN 55376, (763) 515-4563.

***Northwest Family Counseling:** 106 Central Ave. E., St. Michael, MN 55376, (763) 220-2312.

***Transitions Counseling:** Tracy Acker, LICSW; 115 3rd St. W., Cokato, MN 55321, (763) 458-3346.

***Creative Horizons Counseling:** 9201 Quaday Ave NE, Ste 205, Otsego, MN 55330, (763) 703-6962.

***Parasol Wellness Collaborative:** 9201 Quaday Ave NE, Ste 205, Otsego, MN 55330, (763) 703-6962.

***Hardy & Stephens Counseling Associates:** 11070 183rd Cir NW, Ste C, Elk River, MN 55330, (763) 633-5111.

***Center for Family Counseling:** 2025 Stearns Way, Suite 111, St. Cloud, MN 56303. (320) 253-3540.

***Milestone Counseling Inc.:** 3333 West Division Street, Suite 119, St. Cloud, MN 56301, (320) 774-1621.

***Creative Connections Counseling:** 720 8th Ave N., St. Cloud, MN 56303, (320) 407-1110.

***Center for Psychological Services**: 600 25th Ave S., Ste 109, St. Cloud, MN 56301, (320) 255-0343.

***The Village Family Service Center**: 110 6th Ave S #100, St. Cloud, MN,56301, (320) 253-5930.

***Village Ranch Child and Family Outpatient Services**: Outpatient Services include: CTSS Skills Training, Adoption Support Services, and Sexuality-specific services. 13637 60th St. SW, Cokato, MN 55321, (320) 286-2922.

***Plymouth Psychiatric Group**: 9655 Schmidt Lake Road, Suite 150, Plymouth, MN 55447, (763) 559-1640.

***Psychology Consultation Specialists**: 3300 Fernbrook Ln N #120, Plymouth, MN 55447, (763) 559-7050.

***CentraCare Behavioral Health**: 1900 CentraCare Cir, St. Cloud, MN 56303, (320) 229-4977.

***Fraser**:

- Bloomington: 1801 American Blvd. E., Suite 8, Bloomington, MN 55425, (952) 767-2267.

- Coon Rapids: 9120 Springbrook Drive NW, Coon Rapids, MN 55433, (763) 231-2590.

- Minneapolis: 3333 University Ave SE, Minneapolis, MN 55414, (612) 331-9413.

- Woodbury: 721 Commerce Dr, Woodbury, MN 55125, (651) 424-4000.

- Eagan: 2030 Rahn Way, Eagan 55122, (651) 529-1960.

***Catholic Charities – Caritas Mental Health Clinic**: 911 18th St N., St. Cloud, MN 56303, (320) 650-1550.

***Lutheran Social Services**: 22 Wilson Ave NE, St. Cloud, MN 56301, (320) 251-7700.

***Fairview Counseling**: (612) 672-6999.

- Elk River: 290 Main St. NW, Elk River, MN 55330, (763) 241-5800.

- Princeton: 919 Northland Dr, Princeton, MN 55371, (763) 389-3344.

***Creative Therapy Center**: 320-980-5088.

815 Highway 10 Ste 102, Elk River, MN 55330, (763) 274-0510.

***Anika Athman Counseling Services**: www.athmancounseling.com. 14087 Bank St Suite 2, Becker, MN 55308, (763) 261-6810.

***Washburn Center for Children:** Treatment for children ages birth to 18 years for behavioral problems, anxiety, ADD, trauma, depression and loss, grief, or life changes. (612) 871-1454.

- Main Site: 1100 Glenwood Ave., Minneapolis, MN 55405.

- West Site: 5050 Lincoln Dr., Suite 350, Edina, MN 55436.

- Northwest Site: 7100 Northland Circle N, Suite 118, Brooklyn Park, MN 55428.

***Northern Pines Mental Health Center:** Full range of mental health services to all ages including mobile crisis outreach services. 520 NW 5th St., Brainerd, MN 56401, (218) 829-3235.

***Northwinds Counseling:** 21395 John Milless Dr. Ste. 400, Rogers, MN 55374 (763) 424-1888

***Core Professional Services:** Services Offered: Sexual Addiction Therapy; Adult Sex Offender Treatment Program; Juvenile Sex Offender Treatment Program; Individual, Couples, and Family Therapy; Anger Assessments; Domestic Violence Assessments, Parenting Assessments, Psychological Assessments; Psychosexual Assessments; Healthy Relationships/Sexuality Education classes.

- Brainerd Office: 617 Oak St., Brainerd, MN 56401, (218) 829-7140.

- Sartell Office: 110 14th Ave. E., Sartell, MN 56377, (320) 202-1400.

***Alpha Emergence Behavioral Health:** Provides inpatient (residential) and outpatient treatment and management of individual who have committed a sexual offense or are at risk of committing sexual harm. Residential/Outpatient Phone: (763) 333-8001.

Outpatient Locations:

-Elk River: 11090 183rd Circle NW, Ste. C, Elk River, MN 55330.

-White Bear Lake: 4505 White Bear Pkwy., Ste. 1400, White Bear Lake, MN 55110.

- Minneapolis: 825 Nicollet Mall, Ste. 1050, Medical Arts Building, Minneapolis, MN 55402.

- Eagan: 2121 Cliff Dr., Ste. 218, Eagan, MN, 55122.

- Coon Rapids: 199 Coon Rapids Blvd., Ste. 102, Coon Rapids, MN 55433.

Residential Location

-Minneapolis: 2712 Fremont Ave. S., Minneapolis, MN 55408.

* **Anchor Recovery MN**: Provide Rule 25 assessment or comprehensive assessments. Substance Use: outpatient programming to address all types of substance use disorders; geared for persons 18 years or older. Driving with Care: a course for individuals that experienced substance misuse while driving that has led to legal consequences. Provide mental health services for children, teens, and adults of all ages: treatment for anxiety, grief, stress, and life transitions; including: Accelerated Resolution Therapy, Adaptive Internal Relational Network, Eye Movement Desensitization and Reprocessing, Sensorimotor Psychotherapy, Sensory Motor Arousal Regulation Treatment, and Trauma Focused Cognitive Behavioral Health. 7 1st St NE, Unit 6, Buffalo, MN 55313, (763) 250-7357.

Play Therapist:

* **Kristin Lewis, MS, LMFT**: *Cook Counseling*; 2700 1st St N., St. Cloud, MN 56303, (320) 332-0401.

* **Pam Walz, MS, LMFT, RPT**: *Creative Connections Counseling*; 720 8th Ave N. St. Cloud, MN 56303, (320) 348-1298.

* **Tracy Schreifels, MS, LMFT, IMH-E**: *Ellison Center*; 720 8th Ave N., St. Cloud, MN 56303, (320) 400-2023 Ext. 1.

* **Denise Oehrlein, LMFT**: *Milestone Counseling, Inc.*; 630 Roosevelt Rd, Suite 104, St. Cloud, MN 56301, (320) 227-6139. *Registered Play Therapist.

* **Greta Kramer, MS, LMFT**: *Milestone Counseling*; 3333 West Division St. Suite 119, St. Cloud, MN 56301, (320) 774-1621.

* **Alex Gregory, LMFT**: *Creative Connections Counseling*; 720 8th Ave N., St. Cloud, MN 56303, (320) 407-1110.

* **Nicole R.H. Baker, MS, LAMFT**: *The Creative Therapy Center*, 815 US Hwy 10, Suite 102, Elk River, MN 55330, (763) 274-0510.

* **Ashley Hubbell, MSW, LICSW**: *Aspire Counseling, LLC.*; 228 Main Street South, Suite 110, Hutchinson, MN 55350, (320) 587-3331.

* **Daryl MacLean, JD, MA, LPCC**: *Delano Play Therapy*; 158 River St N, Delano MN 55328, (612) 361-6859.

* **Katie Stangl, MS, LMFT**: *Solutions Counseling*; 703 Thielen Drive SE, St. Michael, MN 55376, (763) 515-4563.

Virtual Resources/Telehealth:

**Bridging Hope Counseling:*

- DBT skills groups on Zoom: (763) 291-5505
- Bold Group: Live Brave, Be Original, Love Big, Dare Greatly. Age 18-23. June 9-July 1

Wright County Community Action Agency ~ Wright

County: Agency strives to address economic disadvantage and community development with a multifaceted approach that individually confronts each challenge faced by low-income families. Current programs include family budgeting, MNsure navigator, senior assisted transportation, senior homemaker, tax preparation, backpack program, emergency food box network, food shelf, energy assistance, foreclosure prevention, homebuyer counseling, home repair loans, transitional housing, weatherization, and head start. 130 West Division Street, P.O. Box 787, Maple Lake, MN 55358, (320) 963-6500.

Youth Fire Prevention & Intervention:

**Youth Firesetter Helpline:* <https://dps.mn.gov/divisions/sfm/for-families/youth-firesetting/Pages/default.aspx>. “The Minnesota State Fire Marshal Division has developed this helpline as an opportunity for citizens to find the help they need to curb firesetting by juveniles. A simple call will get help on the way. The incoming call will be answered by an automated system, and then reviewed by a deputy state fire Marshal. The deputy will then forward the case to a local authority for assistance.” (800) 500-8897 or (651) 201-7220.

- Intervention Assistance: If you are treating a child who exhibits firesetting behavior, contact Kathi Osmonson to coordinate educational intervention. Email her or call her at (651) 201-7220. If you need clinical assistance, please email Jerrod Brown or call (651) 734-5517.