

Resources for Mental & Physical Health Care

Call these crisis lines for immediate mental health support - 24 hours/7 days per week

651-266-7900 (adult and child 24 hour crisis line for Ramsey, Washington, and Dakota counties)

612-348-2233 (24 hour child (age 17 and younger) crisis line for Hennepin County)

612-596-1223 (24 hour adult (age 18+) COPE crisis line for Hennepin County)

Other counties:

<http://mn.gov/dhs/people-we-serve/children-and-families/health-care/mental-health/resources/crisis-contacts.jsp>

Suicide Prevention:

- *You can always call 911 to ask for help. Tell the operator you are in suicidal danger.*
- *Need help right now? Contact the National Suicide Hotline*
 - *1-800-273-8255*
 - *Text "LIFE" to 61222*
- *24/7 County crisis workers can also help guide you (numbers listed above)*
- ***You are not alone. Your life matters and the AAHS community cares about you. You are a living story. Let us help you get through this difficult time and create a support system for you. Having thoughts of self harm or suicide? Please contact Mallery or Ty. They are here to help you be safe.***

Hospitalization:

- For immediate EMERGENCY ROOM Adolescent Psychiatric Care visit:
 - St Paul: United Hospital, Children's 651-220-6720
 - South Metro: Prairie Care Hospital (Edina)
 - For Minneapolis: Abbott Hospital, Fairview Hospital

Minnesota Resources:

National Alliance on Mental Illness of Minnesota (NAMI Minnesota)

- 651-645-2948, 1-888-NAMI-HELPS, www.namihelps.org

DAKOTA COUNTY INDIVIDUAL & FAMILY RESOURCES

Mental Health General information:

<http://www.co.dakota.mn.us/healthfamily/mentalhealth/pages/default.aspx>

<http://www.co.dakota.mn.us/healthfamily/findjob/jobsearchresources/documents/dakotacountyresourcedirectory.pdf>

Dakota County Crisis Intervention Line (24 hour line): 952-891-7171

Dakota County Community Services Division (24 hour hotline): 651-554-5751

Dakota County Adult Mental Health General Information line: 651-554-6424

Dakota County Crisis - can do visits to a home or school - 952-891-7171

Children's Mental Health General Information Line: 952-891-7459

- To receive county mental health services through Dakota county:

- A mental health evaluation dated within last six months needs to be completed before contacting the county for services
- Once an evaluation has been completed, the county provides a mental health case manager and to work with you/your family
- There are many low-cost mental health services throughout the county. Some options are listed below.
- To receive mental health services:
 - Contact your parent/guardian's insurance company to ask which nearby clinic you can visit and whether it is free or has a cost
 - If you do not have insurance/MN Care/Medical Assistance (MA), call numbers 1 or 2 listed below:

Local Clinics:

Associated Clinic of Psychology

- www.acp-mn.com
- www.acp-mn.com/location_weststpaul.php
- Apple Valley: 6950 W 146th St., #100 – 952-432-1484
- West St. Paul: 1633 S Robert St. – 651-450-0860
- Outpatient mental health services for people covered by Minnesota Health Care Programs or private insurance. *If you do not have insurance, you may be eligible to receive services on a sliding fee schedule.*

Minnesota Mental Health Clinic

- 651-454-0114
- 3450 O’Leary Lane, Eagan
- Outpatient mental health services for people covered by Minnesota Health Care Programs or private insurance. *If you do not have insurance, you may be eligible to receive services on a sliding fee schedule.*

Canvas Health

- 612-676-1604
- 33 W. Wentworth Ave, West St. Paul
- Mental health counseling, in-home skill building

Low Cost Dakota County Healthcare Resources

Dakota County

- www.co.dakota.mn.us/HealthFamily/HealthServices/MoreLowCostServices/Documents/LowCostHealthSocialServices.pdf
- Schedule for low cost vaccines:
<https://www.co.dakota.mn.us/HealthFamily/HealthServices/ImmunizationClinics/Pages/clinic-schedule.aspx>

Vaccines for adolescents

- Human Papillomavirus (HPV): Three doses starting at age 11–12 years.

- Meningococcal: Two doses starting at age 11–12 years.
- Tetanus, Diphtheria, Pertussis (Tdap): One dose at age 11–12 years.

Vaccines for all

- Influenza ("Flu"): Each year for everyone age 6 months or older.

Low-cost vaccines for children and adolescents (18 years and younger)

Many clinics in Dakota County provide immunizations at low or no-cost to children without insurance through the [Minnesota Vaccines for Children \(MnVFC\) Program](#). Call your clinic to find out if they participate in that program. The Dakota County Public Health Department also provides immunizations for children of all ages without insurance at our [walk-in clinics](#) and by appointment. These clinics also serve children on Minnesota health care plans including MA, MNCare or PMAP. Children under 18 years of age must be accompanied by an adult. Parent or guardian must sign a Minor Authorization Form. For current information about immunizations from Public Health, call the Immunization Information Line at 952-891-7999 (English and Spanish).

Clinics for Immunizations or other Medical Care (call them for more info):

Diamondhead Community Clinic: serves children birth through high school; primarily children residing in or attending school within the Burnsville-Eagan-Savage School District. Walk-in clinic--no appointment is necessary. Free. Includes immunizations, athletic physicals, health/education counseling; diagnosis and treatment of minor medical conditions; treatment / referral for mental health needs. 952-707-4171

Dakota Child and Family Clinic: www.dakotachildandfamily.org Provides pediatric & adult services including: school, sport, camp, employment, annual and routine physical exams; treatment of common illness and chronic health conditions; health screening and disease prevention; identification of health needs that require referral for more specialized care. Uninsured patients accepted. 651-209-8640

Crown Medical Center: www.crownmedicalcenter.org Offers a full range of medical care in their two fully staffed centers. Open to anyone seeking medical care, immigration, international travel and immunizations needs. Staff speaks a variety of languages. Appointments are requested, walk-ins are welcome. 612-871-4354

Minnesota Vaccines for Children (MnVFC) Program: Low-cost immunizations for children and some adults. Many private clinics are in the MnVFC program. If you have a clinic but do not have insurance that pays for shots, ask if your clinic has MnVFC vaccines. The vaccines are free, but the clinic may charge a small administration fee.

Portico Healthnet: www.porticohealthnet.org Assists children, parents, and individuals who are uninsured with applications to health care programs and by offering a primary and preventive health care access program for people ineligible for public programs. Interpreters available. 651-489-2273 or Outside Metro: 1-866-489-4899

St. Mary's Clinic: www.stmaryshealthclinics.org Free primary and preventive non-emergency health care services to residents of the metro area who do not have medical insurance and who meet financial guidelines. Non-denominational. 651-287-7777

Westside Community Health Services: www.westsidechs.org Primary care services, obstetrics, pediatrics, dentist, full lab and x-ray at two primary clinics “La Clinica” and “Eastside Family Clinic. Take all insurance plans. If uninsured fee is based by income and size of family. 651-222-1816 (La Clinica) 651-772-9757 (Eastside Family)

RAMSEY COUNTY INDIVIDUAL & FAMILY RESOURCES

Local Clinics:

Ellie Family Services (individual therapy options)

- 651-313-8080
- www.elliefamilyservices.com
- 1150 Montreal Ave #107, St Paul, MN 55116
- Offers family therapy, co-parenting services, maternal mental health, mediation, and reunification therapy
- Offers individual therapy in home or in clinic, groups and classes, LGBTQ Mental Health Services, ARMHS, and Rule 25 Chemical Health Assessments

- Two clinics with strong Dialectical Behavioral Therapy (DBT) programs
 - Minnesota Center for Psychology
 - 2324 University Ave W #120, St Paul, MN 55114
 - 651-644-4100
 - Psychiatric Recovery
 - 2550 University Ave W, St Paul, MN 55114
 - 651-645-3115

National Alliance on Mental Illness of Minnesota (NAMI Minnesota)

- 651-645-2948, 1-888-NAMI-HELPS, www.namihelps.org
- 800 Transfer Road, Suite 31, St. Paul, MN 55114
- Classes and support groups are offered free of charge. Please check the website for up-to-date information on parent resource groups, classes and workshops.
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Wilder Center

www.wilder.org

Psychiatrists available - In-home services available

Inpatient & Partial Programs in the St. Paul Area:

Allina Assessment & Referral @ Abbott Northwestern 612-863-8633

Child & Adolescent Partial Program @ Abbott Northwestern 612-863-3036

Assessment & Referral @ United Hospital 651-241-8694

Mental Health Services for Adults & Adolescents @ United 651-241-8565

University of MN Medical Center, Fairview Behavioral Emergency 612-672-6600

Local Hospitals:

Abbott 612-863-8633
Children's 651-220-6000
Fairview 612-672-6600
Regions 651-254-1000
United 651-241-8755

Mental Health Support through Ramsey County Services

<http://www.co.ramsey.mn.us/ph/hs/index.htm>

<http://www.co.ramsey.mn.us/hs/>

1. Have you received a psychological evaluation (from a clinic, doctor, psychologist, or other) outside of school within the past six months? If so, skip to step B.

A. If not, call this foundation first to set up a psychological evaluation:

Project Exist - Wilder Foundation - (651) 266-4042

B. Once you've had a psychological evaluation, call Karen Matts (Supervisor of children's mental health unit for Ramsey County) to connect with a case manager at (651) 266-4492

Pathways Counseling Center (*For 18 years and older*)

- ARMHS Adult Rehabilitative Mental Health Services
651-641-1555 - www.pathwayscounselingcenter.org/ARMHS.asp
1919 University Ave, Suite 6, St Paul, MN
 - Three therapy options offered:
 - Chemical dependency counseling (all counties) You must have a mental health diagnosis - 5 days a week/3 hours a day (they take MA or any private insurance)
 - Individual therapy (all counties) (they take Medicaid or any private insurance)
 - Adult Rehabilitation Mental Health Services (ARMHS) - you need a referral from your county mental health department and must also have medical assistance (MA)
- Family counseling: Call Family Community Partnerships (FCP) to express your concerns. They will help set up a meeting with the county if you are interested - (651) 266-7767

RESOURCES FOR ALL OF ST PAUL

Counseling services (call to talk to intake coordinator) 651-772-5555

Face 2 Face - Teens (for ages 11-23) - www.face2face.org

Free meetings for new mothers are on Tuesday nights from 5:00-6:30 pm

Mental Health Crisis Resources: Children's Crisis Response 651-774-7000

Ramsey County Adult Mental Health Crisis 651-266-7900

Crisis Connection 612-379-6363

Other Resources: United Way 211 211 or 1-800-543-7709

Sexual Offense Services Ramsey County 651-643-3006
Outpatient Mental Health Services: American Indian Family Center 651-793-3803
Canvas Health 651-777-5222
Face to Face Health & Counseling Center 651-772-5555
Project Assist 651-266-4042
Su Familia Multicultural Counseling 651-332-5500
Thad Wilderson & Associates 651-225-8997
Wilder Child Guidance 651-280-2310

***If the student has medical insurance, calling the member services number on the back of the card is an effective way to obtain options for outpatient mental health services that are covered by their insurance.

Ramsey County Mental Health Services

651-266-4500 (Daytime hours)

651-291-6795 (After hours or emergency)

- Helps families link to community resources (during summer months too)
- Can referral to community services agencies, Referrals given to help relationships between families and child

Mental Health Crisis hotline - 651-266-7900

Adult Mental Health Services - 651-266-7999

Children's Mental Health - 651-266-4500 - Child Intake 651-266-4500

Mother's First (651-266-4111)

Emergency Social Services (5 pm to 8:30 am) 651-291-6795

SOS (Sexual Offense Services) 651-643-3006

Catholic Charities - University Ave. Location - 651-222-3001

Dorothy Day Center - 651-647-7771

Legal Assistance (Southern MN Legal Services) - 651-222-4731

Energy Assistance - 651-645-6445

Salvation Army Social Aid - 651-224-6946

Employee Assistance Program: Sand Creek Employee Assistance Program 1-800-332-0477 or 651-430-3383 <http://www.sandcreekeap.com/>

HENNEPIN COUNTY INDIVIDUAL & FAMILY RESOURCES

Hennepin County Medical Center (has interpreters):

Crisis Intervention: (612) 873-3161

Visit the Hennepin County Medical Center – Acute Psychiatric Services (APS) at:
701 Park Ave S Mpls, MN 55415

Headway Emotional Health Services - www.headway.org - 763-746-2411

- 6425 Nicollet Ave, Minneapolis, MN 55423

- If you or someone you know is affected by anxiety, depression, divorce, parenting trouble, domestic or sexual abuse, anger management or any other emotional health-related issue

MPSI Psychotherapy

- 3108 Hennepin Avenue
- 612.824.3800
- www.mpsi.info/
- For those without income the fee may be as low as \$5 a session.

Walk In Counseling Center of Minneapolis

- free counseling for walk-ins - for people of ALL AGES - minors must be over age 15 (mature minors for ages 15-17)
- www.walkin.org - Locations can be found at www.walkin.org/sitesandhours - 612-870-0565

University of Minnesota - Amplatz Children's Hospital

- Day treatment options available

Twin Cities Local Clinics, Psychologists, Therapists, Social Workers, Psychiatrists (contact them to see if they accept your insurance plan or alternate options if you don't have insurance)

FRASER (St. Paul/Minneapolis)

- www.fraser.org
- 3333 University Ave SE, Minneapolis, MN 55414
- 612-767-7222
- Fraser provides a range of services for children, adolescents, adults, and families in the Twin Cities. Our offerings include early childhood services for those of all abilities, autism evaluations and services, mental health services, neuropsychology, case management, housing, in-home services, transition and employment services, and other resources for those with special needs.
- Services: Autism Services for **Children** and **Adults**, **Pediatric Therapy**, **Mental Health**, and **Neuropsychology**

Local Communities Served: Minneapolis, St Paul, St Louis Park, Robbinsdale, Columbia Heights, New Brighton, Brooklyn Center, Blaine, Andover, Otsego

Prairie Care - www.prairie-care.com

- PrairieCare is devoted to offering comprehensive and integrated psychiatric services for all ages, including both inpatient and outpatient options for patient care.
- www.prairie-care.com/services/needs-assessment
- Edina and Maplewood clinics

Washburn Center for Children - www.washburn.org

- Day Treatment (Outpatient for individuals through age 18)

- First step: Contact center to set up free needs assessment to consider intake
- Teresa is intake coordinator

Dr. Anne Gearity

- Dr. Gearity has a mental health practice with children, adolescents and adults; does community consultation; and developed an innovative intervention model for very at risk young children presenting with aggressive behaviors in collaboration with the Washburn Center for Children. Anne also works with individuals with Reactive Attachment Disorder.
- Dr. Gearity's treatment manual:
www.washburn.org/wp-content/uploads/2015/07/WCCDevRepair-revised.pdf

Shelly Graf (Clinical Social Worker)

- Edify Youth (Osseo, MN) - shelly@edifyouthmn.org - 612 306-4575
- Clinical Social Workers, Seth Tupper and Shelly Graf are licensed in Minnesota to provide psychotherapy and are grateful to be able to offer their services to schools throughout the Twin Cities. These two practitioners, dedicated to supporting the healthy development of children and teens, will come to your school to provide services to your students and/or families. Shelly also provides psychotherapy in her private practice. Families interested in accessing mental health support outside of the school setting can contact Shelly directly

Deanna McMahon

- West St Paul
- 651-210-0335
- www.mcmahonccs.net

Erica Eccles-Radtke, PsyD, LP

- HealthPartners Inver Grove Heights Clinic
- Inver Grove Heights, MN 55077
- 952-967-7472

Paul W. Heideman, PhD, LP

- Mental Health
- HealthPartners Inver Grove Heights Clinic
- Inver Grove Heights, MN 55077
- 952-967-7472

Kelsey Scampoli, PsyD

- River City Clinic
- 1360 Energy Park Dr., Suite 340
- Phone: [651-646-8985](tel:651-646-8985) Fax: [651-646-3959](tel:651-646-3959)
- www.drkelseyscampoli.com
- Overall mental health and specialties in Sexual abuse and trauma, LGBTQIA+

Carol Mecklenburg, PhD

- (651) 431-0305
- tismec@msn.com
- Maplewood Psychology Association
- 2399 Ariel Street North, Ste D, Maplewood, MN 55109
- Works with www.maplewoodpsychology.com - 651-770-1311

Substance Abuse - Drug/Chemical Dependency

Step one:

MN Adult & Teen Challenge (Minneapolis, MN)

- 612- FREEDOM (612-373-3366)
- www.mntc.org/get-help/
- They offer intervention specialists who can discuss treatment options with you:
- Michael Lewis-612-961-0068 (Vietnam vet recovered from substance abuse- students can call him anytime!)
- Drew Horowitz - 800-731-0854

Hazelden - Betty Ford Clinic

- Youth clinic (up to age 24) in Plymouth. Other Minnesota locations for 18 plus.
- Are you or a loved one struggling with alcohol or other drugs?
- Call toll-free to speak confidentially with an addiction recovery expert. 1-888-831-5700
- *Experts at the Hazelden Betty Ford Foundation do not assume a diagnosis of alcoholism or other addiction exists when people contact us for help. Our professional alcohol and drug assessment process provides an accurate diagnosis along with recommendations for follow-up care. Both residential and outpatient evaluations are available depending on the needs of the individuals. Whatever the form, an assessment is the place to start.*
- *Not sure if there is a problem?*
- *This four-question quiz* helps to reveal if an issue with substance abuse may be present:*
 - *Have you ever felt you should cut down on your drinking or drug use?*
 - *Have people annoyed you by criticizing your drinking or drug use?*
 - *Have you ever felt remorseful about your drinking or drug use?*
 - *Have you ever had a drink or used drugs in the morning in order to relieve a hangover or steady your nerves?*
 - *Two or more Yes answers may indicate a problem with alcohol or drugs.*
 - *The four question quiz is based on the CAGE substance abuse screening tool.*

Pathways Counseling Center (**For 18 years and older**)

- ARMHS Adult Rehabilitative Mental Health Services
- 651-641-1555
- www.pathwayscounselingcenter.org/ARMHS.asp
- 1919 University Ave, Suite 6, St Paul, MN

- Chemical dependency counseling (all counties) You must have a mental health diagnosis - 5 days a week/3 hours a day (they take MA or any private insurance)

Beauterre Recovery

- Owatonna, MN
- www.beauterre.org

The Retreat (Wayzata, MN)

Alcohol Rehabilitation center

<https://www.theretreat.org/>

Dakota County Chemical Health - for chemical/drug/alcohol abuse and misuse

- www.co.dakota.mn.us/HealthFamily/ChemicalHealth
 - The county can assist people with a chemical health assessment and treatment, if they:
 - Are a current county resident
 - Don't have health insurance that covers chemical dependency treatment or the insurance plan has denied coverage
 - Meet the Minnesota State guidelines for income and household size
 - A chemical health assessment consists of: A chemical dependency/drug evaluation and a determination of the need for chemical dependency/drug treatment
 - Funding may be available through the Consolidated Chemical Dependency Treatment Fund (CCDTF). You will be asked to provide proof of income (pay stubs, bank records) and proof of residency at the time of application to allow the county to determine if you are eligible for this assistance. CCDTF is a funding source of last resort and other options for payment must first be explored.

Mike McGinnis - Addiction Recoveries Technology

1. **Michael McGinnis, VP/Director of ARCHER: m.mcginis@addictionrectech.org**

NAMI Minnesota Dual Diagnosis Support Group Available

- *NAMI Minnesota Dual Diagnosis Support Group is a peer-led group for adults living both with a mental illness and an addiction.*
- *The group is free and meets weekly for 90 minutes. In that time, attendees learn skills that help them deal with their addiction and gain support from people who understand the challenges of having a mental illness and an addiction.*
- *No registration or enrollment required. Please join us for the next group!*
 - *Group meets on Sundays from 4:00-5:30 pm @ Minneapolis, Hennepin County Medical Center, 701 Park Avenue South, Red Building 2nd floor Skyway Family Resource Center located right next to the Library. For more information contact Bruce at 612-338-9084.*

Find more resources around the Twin Cities: www.ysnmn.org or check out the YSNMN app for your smartphone

Students often benefit from receiving counseling or therapeutic services from agencies in the community to address mental health concerns. Please know that decisions to seek these services are on an individual and family basis and by law the school is not responsible to cover any costs related to these services.

