



RECOVERY RESOURCE GUIDE

Saint Cloud and
Surrounding
Communities

2022/2023

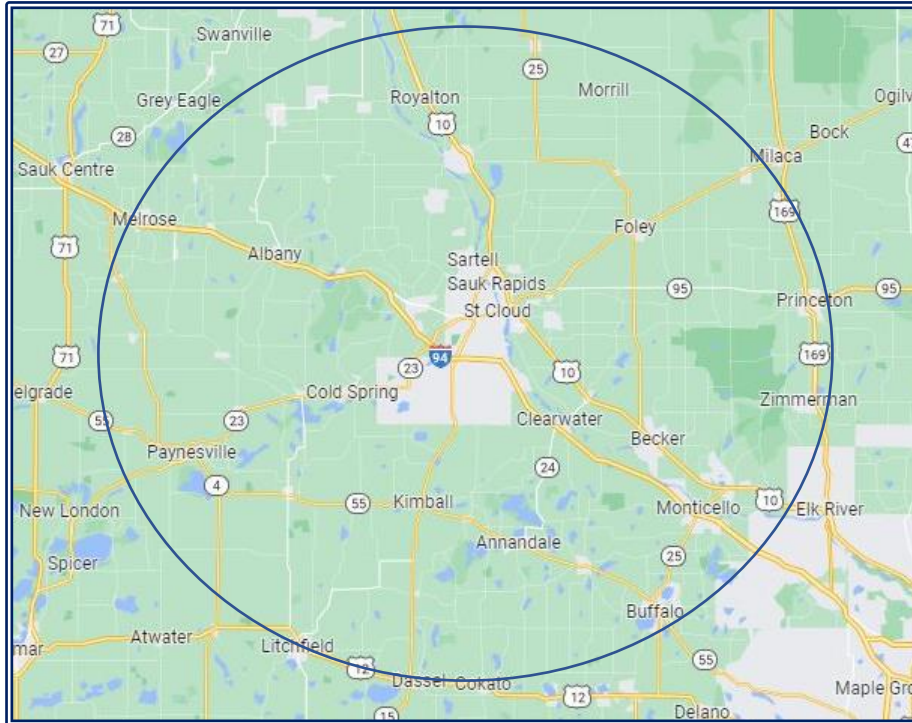
MINNESOTA
recovery
corps

RECOVERY
COMMUNITY
NETWORK 

COMPREHENSIVE RESOURCE GUIDE

ST. CLOUD AND SURROUNDING AREAS

2022/2023



This guide serves a forty-mile radius of St. Cloud including rural communities.

Parts of counties served:

Benton, Meeker, Morrison, Mille Lacs, Stearns, Sherburn, Todd, Wright

MINNESOTA RECOVERY CORPS

RECOVERY COMMUNITY NETWORK

St. Cloud and Surrounding Communities served

Within 25 Mi of SC center

Albany	22 mi.
Annandale	24.9 mi.
Avon	15.6 mi.
Becker	19.5 mi.
Cable	6.8 mi.
Clear Lake	12.1 mi.
Clearwater	13 mi.
Cold Spring	18.1 mi.
Collegeville	10.8 mi.
Duelm	12.5 mi.
Fairhaven	18 mi.
Foley	15.2 mi.
Fruitville	13.4 mi.
Gilman	18 mi.
Glendorado	20.5 mi.
Hasty	18.1 mi.
Holdingsford	24.8 mi.
Jakeville	18.3 mi.
Kimball	20.2 mi.
Little Rock	15.1 mi.
Luxenburg T	23.8 mi.
Marty	16.4 mi.
Mayhew	12.4 mi.
North Benton	21.1 mi.
Oak Park	20.1 mi.
Opole	23.6 mi.
Popple Creek	11.6 mi.
Rice	16.4 mi.
Richmond	22.7 mi.
Rockville	11.5 mi.
Ronneby	17.5 mi.

Royalton	22.4 mi.
St. Anna	19.7 mi.
St. Augusta	9.4 mi.
St. Cloud	-0-
St. Joseph	8.1 mi.
St. Nicholas	23.3 mi.
St. Stephen	14.8 mi.
St. Wendel	15.9 mi.
Santiago	20.7 mi.
Sartell	5.8 mi.
Sauk Rapids	2.9 mi.
Silver Corners	16.1 mi.
Silver Creek	22.4 mi.
South Haven	20.1 mi.
Waite Park	3.3 mi.
Watkins	25 mi.

Forest City	34.2 mi.
Freeport	27.8 mi.
French Lake	27.3 mi.
Granite Ledge T	25.9 mi.
Kingston	28.5 mi.
Lake Henry	38.3 mi.
Litchfield	41.9 mi.
Little Falls	33.8 mi.
Manannah T	36.8 mi.
Maple Lake	28.2 mi.
Melrose	39.2 mi.
Milaca	29.1 mi.
Morrill	26.1 mi.
New Munich	33.1 mi.
Orrock T	26.5 mi.
Paynesville	36 mi.
Pease	30.5 mi.
Princeton	29.4 mi.
Ramey	25.5 mi.
Rassat	33.9 mi.
Roscoe	28.5 mi.
Royalton	22.4 mi.
St. Martin	31.5 mi.
St. Rosa	38.2 mi.
Salida	28.4 mi.
Sobieski	38.6 mi.
Monticello	27.4 mi.
Upsala	35.8 mi.
West Albion	30 mi.
Vawter	27.9 mi.
Waverly	40 mi.
Zimmerman	33.3 mi.

Within 40 Mi of SC center

Albion Center	29.9 mi.
Albright	35.2 mi.
Big Lake	27.7 mi.
Bowlus	28.6 mi.
Brennyville	25.5 mi.
Buckman	26.3 mi.
Buffalo	35.9 mi.
Cokato	36 mi.
Darwin	39.5 mi.
Dassel	36.8 mi.
Eden Valley	30.8 mi.
Elmdale	32.6 mi.
Farming T	24.9 mi.
Foreston	25.9 mi.

Listings are free to area organizations. Requests to be added to the Comprehensive Resource Guide as well as changes or corrections to listing may be sent to

recoverycommunitynetwork@gmail.com.

Or you may also call or text information to (320) 428-1887

Minnesota's Recovery Community Organizations

Begin Anew

(763) 245-7562

<https://beginanewrecovery.org>

7533 Sunwood Dr. NW
Ramsey, MN 55303

Continuum Care Center

(651) 888-6103

www.continuumcarecenter.com

1 West Water Street, Suite 210
Saint Paul, MN 55107

Doc's Recovery House

(507) 216- 3353

www.docrecoveryhouse.org

1821 Restoration Rd SW
Rochester, MN 55902

Face It Together Bemidji

(218) 444-8753

<http://faceittogetherbemidji.org>

408 Beltrami Ave NW
Bemidji, MN 56601

Minnesota Alternatives Incorporated

(612) 296-0317

<https://minnesotarecovery.org/resource/mn-alternatives-inc-peer-support-center>

Spring Lake Park, MN 55432

Minnesota Hope Dealerz Organization

(763) 290-2736

www.minnesotahopedez.org

2329 10th Ave E Apt 205
Saint Paul, MN 55109

Minnesota Recovery Connection

(573) 634-1029

<https://minnesotarecovery.org>

822 S 3rd St, Suite 101
Minneapolis, MN 55415

Niyvah Recovery Initiative

(612) 547-9052

www.niyvahrecovery.org/

515 15th Ave S
Minneapolis, MN 55454

Recovery Alliance Duluth

(218) 576-6005

<https://recoveryallianceduluth.org>

230 W Superior Street, Suite #441
.0

Recovery Community Network

(320) 492-1878

www.recoverycommunitynetwork.com

3400 1st Street N
St. Cloud, MN 56303

Recovery Engaged Communities

(218) 284-1811

<https://mnrec.net>

2900 5th St. South
Moorhead, MN 56560

Recovery is Happening

(507) 269-0470

www.recoveryishappening.org

25 16th St. NE
Rochester, MN 55906

ReFocus Recovery

(781) 448-4940

www.refocusrecovery.org

110 N 5th Street Suite 520
Minneapolis, MN 55403

Rise Up Recovery

(651) 417-1614

www.riseuprecoverymn.com

410 Vermillion Street
Hastings, MN 55033

WEcovery by Beyond Brink

<https://beyondbrink.com>

101 Country Club Drive
Mankato, MN 56001

Will Work for Recovery

(612) 521-4178

www.willworkforrecovery.org

2520 N 2nd St.
Minneapolis, MN 55411

Recovery Community Organization (RCO)

A Recovery Community Organization (RCO) is devoted to providing services to and tearing down barriers for those suffering from a substance use disorder. It is a grassroots community-based organization staffed by people in recovery. It provides services free-of-charge to those seeking recovery and those who are affected by someone with a substance use disorder.

Why is this important?

In 1958 Bill Wilson, co-founder of the A.A. program, wrote the following, “From cradle to grave, the drunk and the potential alcoholic will have to be completely surrounded by true and deep understanding and by a continuous barrage of information: the facts about his illness, its symptoms, its grim seriousness. Why should an alcoholic have to wait until he is 55 and be horribly mangled to find out that he is a very sick man, when enough education of the right kind might have convinced him at 30 or 35?”

This was a radical statement back in 1958 and yet sixty years later we are still dealing with much of the ignorance and lack of awareness that Bill Wilson was addressing in the above quote. The stigma associated with a substance use disorder is still so pervasive that it prevents and inhibits thousands of people each year from seeking help.

According to the National Survey on Drug Use and Health (NSDUH), 19.7 million American adults (aged 12 and older) battled a substance use disorder in 2017. That same year, 1 out of every 8 adults struggled with both alcohol and drug use disorders simultaneously. Moreover, in 2017, 8.5 million American adults suffered from both a mental health disorder and a substance use disorder, also known as co-occurring disorders.

The emotional toll on our society cannot be overstated or adequately measured. However, according to the NSDUH drug abuse and addiction cost American society more than \$740 billion annually in lost workplace productivity, healthcare expenses, and crime-related costs.

How can RCOs help?

A Recovery Community Organization raises awareness about recovery from a substance use disorder and provides assistance to those in recovery and those seeking recovery services. RCO staff work with mental health providers, faith-based organizations, treatment providers, recovery-oriented agencies and 12-Step programs to broaden the safety net of recovery services.

According to Robert D. Ashford, a recovery researcher, an estimated 22 million Americans are currently in recovery from opioid and other addictions. This is a good news story that is seldom talked about on the news or social media.

We still have a long way to go in reducing the stigma associated with a substance use disorder and providing full and timely access to treatment services that are so sorely needed for our communities. However, with organizations like RCOs, we are making inroads to what Bill Wilson envisioned over sixty years ago.

The only way to ensure ignorance about recovery persists in our society, is for people in recovery to remain silent. RCOs are about recovering out loud. RCOs are open to multiple pathways to recovery and focus on an individual's quality of life. RCOs seek to complete rather than compete with treatment options or providers.

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Emergency Shelters

Place of Hope
Phone: (320) 203-7881

Salvation Army
Phone: (320) 252-4552

Anna Marie's (Battered Woman's Shelter)
Phone: (320) 253-6900

180 Degrees Emergency Youth Shelter
(320) 259-6764

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Emergency Services and Health Care

Emergency Services

Dial 911 for a Police, Fire, or Medical response.

National Suicide Prevention Lifeline
Phone: (800) 273-8255 or dial 988

United Way's Phone, Text, and Online Service
Dial or Text 211 to connect with area resources and services

Lutheran Social Services – Emergency Youth Hotline
Phone: (888) 828-4383

US Department of Veteran Affairs
Phone: (800) 273-8255

Website: <https://fasttrackermn.org/> for same day treatment options.

Crisis Response Hotlines

Anna Marie's (Battered Woman's Shelter)

Phone: (320) 253-6900

24-hour crisis response phone line

Website: <https://annamaries.org>

About us: Anna Marie's is a woman's shelter for yourself, your children, and even your pets. At Anna Marie's you'll find a sense of safety. Our mission is to break the cycle of abuse by providing intensive, ongoing support, shelter, and resources. Our facility is tightly secured, advocates are on-site 24 hours a day and ready to call law enforcement if any dangerous situations arise. We are here so that you, your kids, and your pets feel completely safe and can find peace.

*If you are experiencing violence in your home, call us any time, day or night.
Our advocates are here to help, 24 hours a day, every day.*

Central Minnesota Sexual Assault Center (CMSAC)

Phone: (320) 251-4357

24-hour crisis response phone line

Email: cmsac@cmsac.org.

Website: <https://cmsac.org>

About us: Central MN Sexual Assault Center (CMSAC) is a 24-hour crisis intervention agency providing direct services to people affected by any form of sexual violence. The center's purpose is to offer non-judgmental, confidential, free, direct services to victims of sexual assault, their partners, families, coworkers, and friends.

4 County Mobile Crisis Team – Benton, Sherburne, Stearns, & Wright Central Minnesota Mental Health Center (CMMHC)

Phone: (320) 253-5555 or (800) 635-8008

24-hour crisis response team

Website: <https://cmmhc.org/services/crisis-response-team/>

Responders travel in private vehicles and generally arrive within 2 hours.

About us: The mobile Crisis Response Team (CRT) provides an array of community-based mental health crisis services to children and adults experiencing a mental health crisis. Our services are provided by mental health practitioners under the direct supervision of a mental health professional. The Crisis Response Team can travel to homes or community locations within **Benton, Sherburne, Stearns, and Wright counties** to help individuals in crisis cope with immediate stressors. The team can do suicide assessments, safety planning, coping skills education and make appropriate referrals. They also offer follow up stabilization services.

Crisis Response Teams Outside the Four-County Area

Meeker 1-800-432-8781

Morrison 1-800-462-5525

Mille Lacs 1-800-523-3333

Todd 1-800-462-5525

For additional counties visit: <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>

Gambling Helpline – National Council on Problem Gambling

Phone: (800) 522-4700

24-hour crisis response phone line

Website: www.ncpgambling.org/

About us: The National Council on Problem Gambling operates the National Problem Gambling Helpline Network (1-800-522-4700) where you can call and get support for a gambling problem. Help is available 24/7 and is 100 percent confidential.

LGBT National Helpline

Phone: (888) 843-4564

Hours: Mon – Fri: 3:00 pm - 11:00 pm

Sat: 11:00 am – 4:00 pm

Sun: Closed

Email: help@LGBThotline.org

Website: www.glbthotline.org/national-hotline.html

About us: We provide a safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but not limited to, coming out issues, relationship concerns, bullying, workplace issues, safer sex information, suicide, addiction and much more.

The LGBT National Hotline is staffed by highly trained volunteers who identify somewhere on the LGBTQ spectrum, from all ages, walks of life and from all over the United States. You deserve respect, support, affirmation, and acceptance. You deserve to be heard.

LGBTQ Alcohol and Drug Addiction Hotline

Phone: (800) 513-5423

24-hour hotline

About us: Locating a rehab for addiction to drugs or alcohol can be tough. Finding a specialized drug rehab that understands the underlying issues that affect LGBTQ people has led to more drug rehab centers offering specialized treatment and housing programs for LGBTQ clients in Minnesota. For assistance in locating a rehab center that specializes in gay or transgender people with addiction, give us a call today. This is a confidential call, and we are here to help 24/7.

Lutheran Social Services - Crisis Nursery

Phone: (320) 654-1090

24-hour crisis response phone line

1205 6th Avenue South #2

St. Cloud MN 56301

Website: www.lssmn.org/services/families/crisis-nurseries

About us: Lutheran Social Services (LSS) Crisis Nursery staff understand that to provide a safe and nurturing environment at home, there are times when parents need additional support. We provide a confidential and voluntary service to parents dealing with personal stress or crises such as an illness, housing problems, divorce or separation, financial strains, or other issues. A child's parent or legal guardian can request short-term care by licensed providers for children up through age 12 and referrals to additional community resources. Free 24/7 care for children and support for families.

In the Case of an Emergency, Dial 911

Lutheran Social Services – Emergency Youth Hotline

Phone: (888) 828-4383

24-hour crisis response phone line

1205 6th Avenue South #2

St. Cloud MN 56301

Website: www.lssmn.org/services/youth-homelessness/brainerd/emergency-hotline

About us: Runaway & Homeless Youth Program for Central MN is our 24-hour crisis line for youth who have run away or are experiencing homelessness. It is anonymous, confidential, and free. We are here to listen and support you, no matter what you're going through.

Contact us if:

- You are a teenager who is thinking of running from home
- You have a friend who has run and is looking for help
- You've run away and want to communicate with your parents, but aren't sure how
- Need a Safe Place to Stay

We will provide a safe and secure setting while you explore your options and determine what's next. Youth ages 17 and younger may choose to stay at an LSS host home for up to 21 days. During that time, you may have access to therapy sessions with a professional who will work with you to explore issues you're dealing with. Call anytime, day or night.

Minnesota Farm and Rural Helpline

Phone: (833) 600-2670

24-hour crisis response phone line

Text: farmstress to 898211

Email: farmstress@state.mn.us

About us: Farming can be a stressful occupation. Often, you live where you work. Your coworkers may be your spouse and/or other family members. While you get to be your own boss, you feel responsible for a lot and can control very little.

Financial problems, price and marketing uncertainties, farm transfer issues, production challenges, marital difficulties, and social pressures can be real sources of stress -- even crisis -- for farmers and farm family members.

MN Farm and Rural Helpline is free, confidential. Calls are answered by trained counselors, and sometimes it's easier to talk to someone you don't know. And if you are experiencing business, financial, or legal problems, we can connect you to that kind of help.

National Suicide Prevention Lifeline

Phone: (800) 273-8255 or dial 988

24-hour crisis response phone line

About us: Call 1-800-273-8255 or dial 988, the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

National Human Trafficking Hotline

Phone: 888-373-7888

Text: "Help" to BEFREE (233733)

24-hour crisis response phone line

No Wrong Door – Human/Sex Trafficking

Phone: (866) 223-1111

24-hour crisis response phone line

Website: <http://dayoneservices.org/no-wrong-door/>

About us: If you are or know someone under 18 that has been forced into prostitution or is a victim of sexual exploitation or child trafficking, you have the right to supportive, healing, and comprehensive services. Call the Minnesota Day One Crisis Hotline today.

Quit Now – Nicotine Hotline

Phone: (800) QUIT- NOW (1-800-784-8669)

24-hour hotline

About us: The Pennsylvania Free Quitline offers up to 5 proactive coaching sessions, unlimited inbound calls, and customized quit plans to each participant. Coaches are available 7 days a week and telephone calls can be scheduled for when it is most convenient for you. The Quitline will mail you an information packet after you call.

Strong Hearts – Native Helpline

Phone: 1-844-7NATIVE (762-8483)

24-hour Native helpline

Website: <https://strongheartshelpline.org/get-help>

About us: Strong Hearts Native Helpline is a safe, anonymous, and confidential domestic violence and dating violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy. Call, text or chat online. *All calls are filtered through software that removes the identification of the caller including the phone number and location.

Terebinth Refuge – Sex Trafficking and Exploitation

Phone: 320-428-4707- Call or Text

24-hour crisis response phone line

If you or someone you know is a victim of sex trafficking/exploitation - Terebinth Refuge is available to help. Call or text the crisis line. If you are in immediate danger, call 911.

US Department of Veteran’s Affairs (VA) – Crisis Hotline

Phone: (800) 273-8255 and select 1

24-hour crisis response phone line

Call TTY if you have hearing loss (800) 799-4889

Or Text 838255

VA Crisis Website: www.veteranscrisisline.net

About us: The VA’s crisis hot-line is available to both a Veteran in crisis, or anyone concerned about one. Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Available for all veterans, service members, National Guard and Reserves, their family members, and friends.

Emergency Services

Hospitals

CentraCare - Saint Cloud Hospital - ER

1406 Sixth Avenue North
St. Cloud, MN 56303

Website: www.centracare.com/locations/centracare-st-cloud-hospital/

Phone: (320) 251-2700

Fax: (320) 656-7009

Hours: 24 hours, 7 days a week

About us: CentraCare Hospital's Emergency Trauma Center is the region's most comprehensive facility of its kind. It is staffed by board-certified emergency medicine physicians and specially trained nurses who are certified in trauma care and advanced life support. The CentraCare - St. Cloud Hospital Emergency Trauma Center also has access to medical staff support from all essential specialties.

Buffalo Hospital – ER

Allina Health Clinic
303 Catlin St., Buffalo, MN 55313

Website: www.allinahealth.org/buffalo-hospital/services/

Phone: (763) 682-1212

Fax: (763) 684-6111

Hours: 24 hours, 7 days a week

CentraCare – Melrose Area Hospital - ER

525 Main Street West
Melrose, MN 56352

Website: www.centracare.com/locations/centracare-melrose/

Phone: (320) 256-4231

Fax: (320) 256-4949

Hours: 24 hours, 7 days a week

CentraCare – Monticello Hospital – ER

1013 Hart Blvd
Monticello, MN 55362

Website: www.centracare.com/locations/centracare-monticello/

Phone: (763) 295-2945

Hours: 24 hours, 7 days a week

CentraCare – Paynesville Area Hospital - ER

200 West First Street
Paynesville, MN 56362

Website: www.centracare.com/locations/centracare-paynesville/

Phone: (320) 243-3767

Fax: (320) 243-7951

Hours: 24 hours, 7 days a week

CentraCare – Sauk Centre Hospital– ER

425 Elm St N
Sauk Centre, MN 56378

Website: www.centracare.com/locations/centracare-sauk-centre/

Phone: (320) 352-2221

Fax: (320) 352-5150

Hours: 24 hours, 7 days a week

Fairview- Northland Hospital– ER

919 Northland Dr.
Princeton, MN 55371

Website: <https://mhealthfairview.org/locations/m-health-fairview-northland-medical-center>

Phone: (763) 389-1313

Hours: 24 hours, 7 days a week

Meeker Memorial Hospital – ER

612 S Sibley Ave
Litchfield, MN 55355

Website: www.meekermemorial.org/

Phone: (320) 693-4500

Fax: (320) 693-4567

Hours: 24 hours, 7 days a week

St. Gabriel's Hospital – Little Falls – ER

815 2nd St SE
Little Falls, MN 56345

Website: www.chistgabriels.com/

Phone: (320) 632-5441

Fax: (320) 631-5006

Hours: 24 hours, 7 days a week

Urgent Care

CentraCare Urgent Care

Website: www.centracare.com/services/urgent-care/

CentraCare – Albany Clinic

30 Railroad Avenue
Albany, MN 56307

Phone: (320) 845-2157

Alternate Phone: (320) 255-5622

Hours: Mon – Th: 12:00 pm – 8:00 pm

Fri: 8:00 am – 6:00 pm

Sat: 8:00 am – 11:00 am

Sunday – closed

CentraCare – Plaza Urgent Care

1900 CentraCare Circle
St. Cloud, Minnesota 56303

Phone: (320) 229-5099

Hours: Sun – Sat: 9:00 am – 9:00 pm

CentraCare – Southway Urgent Care

1301 33rd Street South
St. Cloud, MN 56301

Phone: (320) 240-2170

Hours: Mon – Fri: 4:00 pm- 8:00 pm

Sat – Sun: 9:00 am – 5:00 pm

About us: We treat patients three months and older. No appointment needed. The cost of a visit to CentraCare Urgent Care is less than a visit to an Emergency Room. Most health insurance plans are accepted. Co-pays are due at the time of your visit. Those without insurance are welcome. Payment options include cash, checks and credit cards.

To speak to a CentraCare nurse to determine the level of care needed call: (320) 200-3200

Minute Clinic

CVS Pharmacy – Walk-in Clinic

2420 Division Street
Saint Cloud, Minnesota 56301

Website: www.cvs.com

Phone: (866) 389-2727

Hours: Mon – Fri 8:30 am – 7:30 pm

Sat – 9:00 am – 5:30 pm

Sun – 9:00 am – 4:30 pm

Saint Cloud VA Medical Center – Urgent Care

4801 Veterans Dr
St Cloud, MN 56303

Website: www.va.gov

Phone: (320) 252-1670

Hours: 8:00 am – 6:00 pm/7 days a week
(For more Veteran Specific Services see Chapter 14.)

Drug and Alcohol Testing

Mid-Minnesota Drug Testing

Mid-MN St. Cloud

1420 W. St. Germain, Suite #102
St. Cloud, MN 56301

Phone: (320) 230-8378

Fax: 320-230-8380

Email: midminnesotadt@integra.net

Office Hours: Mon – Fri, 8:00 am – 3:00 pm
Weekends by request

For after-hours post-accident testing call 320-298-0122

Mid-MN - Little Falls

121 1st St NE
Little Falls, MN 56345

Phone: 320-631-0037

Fax: 320-631-0038

Email: midminnesotadt@integra.net

Office Hours: Mon – Thurs, 8:00 am – 3:30 pm
Weekends by request

For after-hours post-accident testing call 320-298-0122

Website: www.midminnesotadrugtesting.com/

About us: Mid-Minnesota Drug Testing Inc. offers locations in Brainerd, Little Falls and St. Cloud MN. We are certified to do DOT, NON-DOT, Breath Alcohol, DNA and Hair Follicle testing. Reasons for testing include attorney request, court ordered, probation, social services/child custody, DUI/DWI court and private testing.

Veritas Laboratories

St Cloud, MN

Phone: (888) 398-0059

Website: <https://veritaslab.org/onsite-testing/mobile-dot-dna-afterhours-drug-alcohol-dna-st-cloud-mn-benton-county-stearns-county-sherburne-county/>

Mobile / Onsite Drug Testing

Hours: 24 hours a day / 7 Days a week

About us: We understand that in some circumstances, our clients are unable to come in to our collection sites. Therefore, we came up with onsite mobile services where our technicians travel to a client's location in St. Cloud, MN, Benton County/Stearns County/Sherburne County and perform a sample collection. The standard collection procedure and integrity of sample collection are exactly the same as if it is collected in our facility. Veritas Lab has implemented a unique onsite testing program where we deliver the best laboratory testing services to you.

Certified Drug and Alcohol Testing in Jail and Prison

If you are incarcerated in St. Cloud, MN, Benton County/Stearns County/Sherburne County and your defense lawyer suggests that you do a drug or alcohol test, we can send a certified drug and alcohol collector to the police department, jail or prison. Veritas Lab is willing to coordinate a urine or hair follicle drug sample collection in St. Cloud, MN, Benton County/Stearns County/Sherburne County with the warden of your facility.

Our technician will have the clearance to visit an inmate and perform a collection following a chain of custody form. Our urine drug test results, alcohol test results, and hair follicle test results help many people to support their case in trial and prove their innocence. If you or your relative is in a situation that requires a drug or alcohol test as evidence in your case, please call us our hotline 24/7 so our knowledgeable case managers can help you choose the right test and schedule a collection in jail or prison in St. Cloud, MN, Benton County/Stearns County/Sherburne County.

Dental Clinics – Low Cost

St Cloud Technical Community College – Dental Clinic

Health Science Building
1245 15th Street North
St. Cloud, MN 56303

Email: dentalclinic@sctcc.edu

Website: www.sctcc.edu/sctcc-dental-clinic

Phone: (320) 308-5919

Fax: (320) 308-5055

Office Hours: Call for hours and to make an appointment

About us: SCTCC Dental Hygiene students provide low-cost preventative dental services at the on-site dental clinic to the public. These include:

- professional dental cleaning
- fluoride treatment
- exam by a dentist
- radiographs if needed
- non-surgical periodontal therapy (scaling and root planing) at the recommendation of a licensed dentist
- cleaning and sealants for children

Call or visit website for fees, clinic hours, or to make an appointment.

Eyecare – Low Cost

Lions Clubs International offers help paying for eye care through its local clubs — and some clubs may also provide eyeglasses. Visit their website to find the club nearest you at

<https://directory.lionsclubs.org/>

United Way’s Phone, Text, and Online Service

Dial or Text 211

211 is a telephone, text and internet service provided by United Way. It is available 24/7 and is known to be **the most comprehensive source of information** about local resources and services in the country. The purpose of 211 is to connect people with the organizations and resources they need. Dial or text 211 for immediate assistance, or you can use their resource finder on their website at www.211unitedway.org/. Insert your zip code and choose the type of assistance needed. A listing of local organizations will populate with a brief description, address, and location on a map. A partial listing of resources covered are:

- Addiction and recovery resources
- Physical and mental health care
- Employment, education, and childcare
- Housing and utilities assistance, and eviction resources
- Food, area shelters, and transportation
- Financial assistance, money management and legal and tax services
- How to help - what to donate and where

Insurance Assistance

BRIVA Health

St. Cloud - Midtown Square Office
3400 1st Street, Suite #103
Saint Cloud, MN 56303

Email: info@brivahealth.com

Website: <https://brivahealth.com/>

Office Hours: Mon – Fri: 9:00 am – 5:00 pm

Languages Available: English and Somali

Phone: (855) 566- 7873

About us: Briva Health provides a variety of public health services, focusing on helping Minnesotans access affordable health insurance through the MNsure marketplace. Our MNsure certified Navigators provide free application assistance over the phone and in-person. We also help Minnesotans overcome barriers in accessing healthcare by educating them on marketplace coverage options and assisting them with their MNsure application process.

Briva is a year-round enrollment center, that provides convenient walk-in navigator services. They also offer application assistance over the phone which is available to Minnesotans across the state.

Portico Health Net

1600 University Avenue West, Suite 211
Saint Paul, MN 55104

Email: info@porticohealthnet.org

Website: <https://porticohealthnet.org/>

Office Hours: Mon – Fri: 8:00 am – 4:30 pm

Languages Available: English, Español,
Hmong, Somali, Vietnamese

Phone: (651) 489-2273

About us: Portico helps uninsured Minnesotans enroll in health insurance and navigate the complicated health care system. We serve our clients through phone-based appointments. Our certified MNsure Navigators provide free, personalized assistance and help clients find the most affordable coverage for their family.

If you already have insurance, Portico navigators can help you renew your health insurance. Your Portico navigator can help you complete your renewal paperwork for Medical Assistance, MinnesotaCare or other health insurance plans. If you have had a change in income, you may qualify for more affordable insurance. Or, if you have moved, or have recently married or had a child, your Portico navigator can help you report these changes.

If you don't qualify for health insurance through MNsure your Portico navigator can still help you to access health care. Your navigator can:

- Assist with emergency health insurance
- Guide you to low-cost medical, dental and vision care
- Refer you to and assist with applications for hospital financial assistance programs
- Refer you to social service and community-based resources

There are no eligibility requirements to receive Portico's free assistance. We can help anyone learn about their health insurance options and help them apply for coverage that fits their situation.

CHAMPVA Health Insurance for dependents of 100% disabled Veterans
Phone: (800) 733-8387 or **Website:** www.va.gov/health-care/family-caregiver-benefits/champva/ (For more Veteran Specific Services see Chapter 14.)

Emergency Housing and Homeless Shelters

180 Degrees Emergency Youth Shelter 24-hour Emergency Shelter

1101 Washington Memorial Drive
Saint Cloud, MN, 56301

Phone: (320) 259-6764

Email: stcloud@180degrees.org

Website: www.180degrees.org/st-cloud-youth-shelter.html

Youth 12 years to 17 years

Office hours: 24 hours a day/
7 days a week

About us: 180 Degrees' supportive program serves youth ages 12-17 from across Central Minnesota who experience or are at risk of homelessness, sexual exploitation, violence, and neglect. Case Managers empower youth to identify strengths, explore resources, and develop goals and plans to realize their potential.

180 Degrees' Supportive Services & Programming include:

- 12-bed Emergency Shelter/Residence for youth ages 12-17
- Shared living and kitchen space with prepared meals and essentials
- Individual and family therapy and one-on-one primary counseling
- Gender-specific and spirituality/culture specific programming
- Recreation and pro-social activities
- Life skills addressing social, emotional, chemical, and physical health

Services are free and accessible to youth who walk-in for services as well as through referrals.

Anna Marie's Alliance

505 10th Ave N,
St Cloud, MN 56303

Phone: Crisis Line: (320) 253-6900 | Admin Line: (320) 251-7203

Email: Through website

Website: <https://annamaries.org/>

Women and Children

Office hours: 24 hours a day/
7 Days a week

About us: Anna Marie's Alliance helps to break the cycle of abuse by providing intensive, ongoing support, shelter, and resources. They provide shelter for women, their children, and even their pets. Advocates work with individuals for as long as needed after a stay in their shelter or a crisis intervention. They will help stabilize a family's housing, go through court proceedings when scheduled, file for orders for protection and other police reports, and find employment, among many other things.

Their facility is tightly secured with advocates on-site 24 hours a day, ready to call law enforcement if any dangerous situations arise. Anna Marie's provide a place where women, their children, and their pets can feel safe and find peace.

If you are experiencing violence in your home, call (320) 253-6900 any time, day or night.

Our advocates are here to help, 24 hours a day, every day.

**Catholic Charities
Youth Homeless Shelter**

911 18th Street North
Saint Cloud, MN, 56303

Phone: (320) 229-6035

Fax: (320) 229-6039

Email: spederson@ccstcloud.org

Website: www.ccstcloud.org/

Youth 16 years to 24 years

Office hours: Monday – Friday
8:00 am to 4:30 pm

About us: Catholic Charities' Youth Homeless Shelter provides up to a 24- month stay for teens while they learn basic life skills such as how to budget their money, search for employment and pursue education opportunities. This program is available to homeless youth ages 16 - 24 who are willing to follow house expectations and programming. Call for intake information.

If you are homeless or are at risk of being homeless, call or text Catholic Charities @ [\(320\) 250-2306](tel:3202502306)

**Lincoln Center – Warming Center Facility
Project of Homeless Helping Homeless**

630 Lincoln Ave. S.E.
Saint Cloud, Minnesota 56304

Email: hfleegel@aol.com

Website: <https://homelesshelpinghomeless.org/lincoln-center/>

Men, Women, & Children

Phone: (320) 342-2232

Hours: 24 hours a day – 7 days a week

About us: The Lincoln Center is Saint Cloud's newest warming center facility, now serving those seeking refuge from the elements 24/7. Our guests and visitors have access to our 24/7 'snack bar' throughout their time within Lincoln Center. Our staff and volunteers also work to ensure that there are several warm meals served throughout the day. Our staff and volunteers are also able to provide 'street meal kits' and other rations to those looking for a meal – and would otherwise be without.

The Lincoln Center is a low barrier shelter meaning that it serves many individuals that other facilities do not. They are always open and will take anyone who is non-violent. They are conveniently located on Lincoln Avenue just West of Highway 10 and sit along Metro Bus route 6 (to Transit Center).

The Lincoln Center is a project of Homeless Helping Homeless. Homeless Helping Homeless is an association of homeless and formerly homeless folks and their friends in the Saint Cloud MN area. Their members live under bridges, in the woods, in parking ramps, garages and cars in our community. Some of them who are better off live in shelters, friends' places, rooming houses or low-income housing. All are committed to serve as companions, journeying with their friends through their trials.

Food assistance through the Lincoln Center is provided in part by Salvation Army, Catholic Charities, and Place of Hope as well as donations from the public. Visit site or contact Homeless Helping Homeless for a list of current needs.

Place of Hope

511 9th Ave. No.
St. Cloud, MN 56303

Phone: (320) 203-7881

Email: hope@placeofhopeministries.org

Website: www.placeofhopeministries.com

About us: Place of Hope offers Sheltering and Transitional Programming services for those experiencing homelessness and other life altering issues. They also have a Hospitality Center with free food, free medical care, free clothing, & free personal care items. Anyone in need may come to our Living Hope Center, Door # 4 for help.

Men, Women, and Children

Shelter hours: 24-hour Emergency Shelter

Salvation Army

400 Highway 10 South
Saint Cloud, MN 56304

Phone: (320) 252-4552

Email: jimuellenbach@aol.com

Website: <https://centralusa.salvationarmy.org/northern/StCloud/>

Men, Women, and Children*

Shelter hours: 24-hour Emergency Shelter

Office hours: Mon – Fri: 8:30 am – 4:00 pm

About us: Salvation Army’s emergency shelter serves homeless single adults and families. They are open to anyone who is homeless and has no other place to stay.

*The shelter environment does not accept people with sexual misconduct criminal records.

Terebinth Refuge

Sex Trafficking and Exploitation Shelter

110 2nd St S. Ste. 231
Waite Park, MN 56387

Website: www.terebinthrefuge.org/

**Women 18 years and Older
& Mothers w/Young Children**

Phone: (320) 828-7721

Crisis Line: (320) 428-4707

About us: Terebinth Refuge is a Christ-centered shelter and safe home that brings hope, healing services, and freedom to sexually exploited and trafficked women. St. Cloud and its surrounding communities are known by local law enforcement to have high demand for commercial sex. Until Terebinth Refuge opened in April of 2018, survivors of sexual exploitation and trafficking did not have a dedicated shelter in the St. Cloud area. Terebinth Refuge serves women 18 + as well as mothers with young children. We serve individuals and families mostly within the Central MN communities but accept referrals from women in need from any area.

US Department of Veteran’s Affairs (VA)

4801 Veterans Dr.
St. Cloud, Minnesota 56303

Website: www.va.gov/homeless/nationalcallcenter.asp

Phone: (877) 424-3838

Hours: 24-hour hot-line

About us: Veterans who are homeless or at imminent risk of homelessness are strongly encouraged to contact the National Call Center for Homeless Veterans. If Veterans do not have access to a phone or the internet, only then are they to visit their closest VA medical center without calling in advance.

(For more Veteran Specific Services see Chapter 14.)

Higher Works

African American

Midtown Square
3333 W. Division Street #209
St. Cloud, MN 56301

Phone: (320) 774-1588
Email: info@hwcmn.org
Website: www.hwcmn.org

About us: Founded in 2017 in St. Cloud, Higher Works Collaborative is a nonprofit organization that has worked tirelessly to advance the lives and livelihoods of the African American community in Central Minnesota.

They offer a variety of services and programming created to raise up individuals with knowledge and support so they may live their best lives as their best selves. This programming includes career development courses, leadership training, peer mentorship, housing search assistance, employment services and much more.

Higher Works Collaborative takes a holistic approach to empowering individuals. This includes access and exposure to the arts which is vital not only to achieving a full, well-rounded life, but also to the creation of a strong, vibrant community. Higher Works has created programming that connects individuals of all ages with music, art, theater, dance, athletics, nature and more. Previous programming has included free or low-cost tickets to events, opportunities to submit artistic work to community projects, and free art courses and opportunities.

Contact them or visit their website for more information.

United Way of Central Minnesota

921 1st St. North Suite 200
St. Cloud, Minnesota 56303

Phone: (320) 252-0227

Fax: (320) 252-6213

Website: www.unitedwayhelps.org/

Office hours: Call 211
24 hours a day / 7 days a week

About us: Need help now? If you or someone you know could use a helping hand with education, finances, or a healthier life, we're here for you right now no matter how urgent.

Dial 211 from any phone to be immediately connected to a trained, empathetic United Way specialist dedicated to listening, offering support, and sharing resources most suitable for what you and your family needs.

Even if you're unsure of where to start, calling 211 is the best possible place to begin. We're here for you; day and night.

Do you need immediate assistance during evenings or weekends? Contact United Way's First Call for Help by dialing 211 or visiting www.211.org.

Local Food Pantries

www.foodpantries.org

Most cities and towns have food shelves or pantries to meet the needs of families and individuals that reside within their service area. If your town is not included within this listing, visit the pantry finder website, or call 211 to find the pantry nearest you.

2

Food Assistance

Soup Kitchens

Place of Hope - **Free Community Meals Daily

511 9th Ave N

St Cloud, MN 56303

Phone: (320) 203-7881

Email: hope@placeofhopeministries.org

Website: www.placeofhopeministries.com

Hours: Mon – Sat, Noon and 5 pm

Sun, 1:00 pm and 5:00 pm

Call to verify days and times

About us: A community meal is provided to anyone in need. Recovery testimony nights are every Tuesday at 6:00 pm.

Salvation Army - **Free Community Meals Daily

400 Highway 10 South

St. Cloud, Minnesota 56302

Phone: 320-252-4552

Website: <https://centralusa.salvationarmy.org/northern/stcloud>

Hours: Monday – Friday

11:30 am – 12:45 pm

About us: We serve a hot meal at our worship and service center over the lunch hour Monday through Friday from 11:30 am - 12:45 pm. All are welcome to attend.

Food Shelves/Pantries

Albany Food Shelf

721 Lake Ave,
Albany, MN 56307

About us: *Albany food shelf is open between 9:00 am and 10:00 am on the 1st Thursday of the month and between 5:30 pm and 6:30 pm on the 3rd Thursday of the month.

Phone: (320) 291-6623

Pantry hours:*

Avon Food Shelf

438 1st St. SE Ste B
Avon, MN 56310

About us: *Avon food shelf is open between 6:00 pm - 7:00 pm on the 1st and 3rd Tuesday of the month, from 10:00 am – 11:00 am on the 2nd and 4th Wednesday, and from 6:00 pm to 7:00 pm on the 1st and 4th Thursday of the month. Call to confirm their days and hours of operation.

Phone: (320) 557-5202

Pantry hours: *

Brooten/Belgrade/Elrosa Food Shelf

131 Pleasant Ave. N.
Brooten, MN 56316

Email: bbefoodshelf@tds.net

Phone: (320) 346-4193

Pantry hours: Wed, 1:00 pm – 5:00 pm

Catholic Charities Food Shelf

157 Roosevelt Road Suite 100
St. Cloud, MN 56301

Email: emergencyservices@ccstcloud.org

Website: www.ccstcloud.org/services/emergency/food-shelf

About us: *In-Person shopping by appointment hours: Monday: 1 pm-4 pm, 2nd and 4th Tuesday (Senior/60 +) 1 pm – 3:30 pm, Wednesday: 3 pm – 7 pm, Friday: 9 am – 12 pm

Phone: (320) 229-4560

Pantry hours: *

Celebration Lutheran Church

1500 Pinecone Road N
Sartell, MN 56377

Email: lcstore@celebrationlutheranchurch.com

Website: www.celebrationlutheranchurch.com

About us: Drop-off and curbside pick-ups available. Delivery available for the elderly and disabled.

Phone: 320-255-0488 Ext. 109

Pantry hours: Mon. – Thurs. 8:00 am – 4:00 pm

Friday 8:00 am – 1:00 pm

Clearwater/Clear Lake Food Shelf

1100 County Road 75
Clearwater, MN 55320

About us: *Mondays 5:30 pm to 7:00 pm, Tuesdays 9:00 am to 11:00 am and 6:00 pm to 8:00 pm, Wednesdays 3:00 pm to 5:00 pm. Call to confirm days and times of service.

Phone: (320) 558-2954

Pantry hours: *

CROSS Center - Benton County Food Shelf

150 4th Ave
Foley, MN, 56329

Email: crosscenter@hotmail.com

Website: www.foleycrosscenter.org

About us: Serving Benton County

* Monday 1:00 pm – 4:00 pm & 6:00 pm – 8:00 pm, Thursday 10:00 am – 3:00 pm

Phone: (320) 968-7012

Pantry hours: *

Holdingsford Area Food Shelf

420 Main St, City Hall,
Holdingsford, MN, 56340-0013

About us: We serve the cities of St. Anna, Opole, St. Wendel, Holdingsford and Upsala.

*8:00am - 9:30am, 2nd and 4th Saturday of the month.

Phone: (320) 746-2637

Pantry hours: *

Kimball Area Food Shelf

441 Hazel Ave. E.
St. Anne Parish
Kimball, MN, 55353

Email: kimfoodshelf@meltel.net

Website: <https://kimballfoodshelf.com>

About us: *Tuesdays: 9:30 am to 10:45 am, and Thursdays: 9:30 am to 10:45 am

Phone: (320) 398-3415

Pantry hours: *

Melrose Food Shelf

255 Country Club Road SW
Melrose, MN 56352

Website: www.hungersolutions.org

About us: Serves residents of Melrose Area Independent School District 740.

* The first four Wednesday of the month, from 1:00 pm – 4:45 pm

Phone: (320) 256-2555

Pantry hours: *

Paynesville Community Service Center

110 Lake Avenue So.
Paynesville, MN - 56362

Email: paynesvillecsc@yahoo.com

About us: Call for information and to confirm days and times.

* Wednesdays, 10:00 am - 2:00 pm for food, Thursdays, 10:00 am – 2:00 pm for clothing/housewares

Phone: (320) 243-4953

Pantry hours: *

Place of Hope - Living Hope Center

511 9th Ave N
St Cloud, MN 56303

Email: hope@placeofhopeministries.org

Website: www.placeofhopeministries.com

About us: Our Hospitality Center is stocked with free food, free medical care, free clothing, & free personal care items. Anyone in need may come to our Living Hope Center, Door # 4 for help.

Phone: (320) 203-7881

Pantry hours: NA

ROCORI Area/Salvation Army

401 Main St - Basement of Bank of Cold Spring (Salvation Army)
(and) 217 Main Street (Rocori Food Bank)

PO Box 307

Cold Spring, MN 56320

Email: rocorifoodshelf@gmail.com

Website: www.rocoriareafoodshelf.org

About Us: Food pantry and assistance programs to the low income, seniors, and the needy. Self-sufficiency is also provided to those who qualify. Programs include a food pantry, Christmas meals and gifts, and shelter/transition housing. *Food Pantry - Every Monday 10:00 am – 2:30 pm & 3rd Monday of the month 5:30 pm – 7:00 pm. Call to confirm dates and times of service.

Phone: (320) 685-8785

Pantry hours: *

Salvation Army

400 Highway 10 S
Saint Cloud, MN - 56304

Email: laura.douvier@usc.salvationarmy.org

Website: <https://centralusa.salvationarmy.org/northern/StCloud>

About us: Salvation Army food pantry serves residents of Benton, Sherburne, and Stearns counties that live in the St. Cloud metro area. There is a limit of one visit per month. Photo ID and proof of address are required.

Phone: (320) 252-4552

Pantry hours: *

* Tuesdays and Thursdays, 9:00 am – 11:00 am and 1:00 pm – 3:00 pm and every 4th Monday, 4:00 pm – 6:00 pm. Arrive 20 minutes before close. Call to confirm days and times.

Sauk Centre Community Connection Food Shelf

523 Sinclair Lewis Ave.
Sauk Centre, MN 56378

Phone: (320) 351-2287

Pantry hours: *

* Wednesdays, 2:00 pm – 4:00 pm and Thursdays 6:00 pm – 8:00. Call to confirm days and times.

St. Joseph Community Food Shelf

18 Birch Street East
St. Joseph, MN 56374

Email: stjosephcommunityfoodshelf@gmail.com

Website: www.facebook.com/St.JoeFoodShelf

Phone: (320) 250-7121 or
(478) 213-2700

Pantry hours: *

* Tuesdays and Thursdays, 1:00 pm – 3:00 pm. Call to confirm days and times.

Wright County Community Action Clothing Center/Food Shelf

411 Elm Ave
Waverly, MN 55390

Phone: (763) 658-4414

Pantry hours: *

* Mondays through Thursdays, 9:00 am – 4:00 pm and Fridays, 9:00 am – 1:00 pm. Call to confirm days and times.

FoodPantries.Org

www.foodpantries.org is a website devoted to finding local food shelves/pantries and other food help available near specified locations. Enter state, city or zip code and a list will populate of the nearest food services available. Also included is their address as well as their days and hours of operation. Many also list the areas they serve.

Be aware that food pantries days and hours are subject to change.
Call your local food shelf to confirm days and times of operation.

(“foodpantries.org” is an online only service.
For information by phone or text dial United Way at 211.)

Food Assistance

WIC And SNAP Food Assistance Programs

SNAP (Supplemental Nutritional Assistance Program)

Supplemental Nutrition Assistance Program (SNAP) is a food stamp program and is administered by the USDA. Stearns County Human Services helps those with low or no-income apply for these benefits. There is an application process and an interview to verify that the food assistance programs requirements are met. The application can be completed in office or online at the ApplyMN website. ApplyMN is a simple, secure web application that connects you with state and county services to help meet your and your family's basic needs.

WIC/SNAP - Benton County

531 Dewey Street
Foley, MN 56329

Phone: (320) 968-5087

Website: www.co.benton.mn.us

Office hours: 8:00 am – 4:30 pm
Monday – Friday

WIC/SNAP – Sherburne County

13880 Business Center Dr. NW
Elk River, MN 55330

Phone: 763-765-4116

Email: wic@co.sherburne.mn.us

Website: www.co.sherburne.mn.us/

Office hours: 8:00 am – 4:30 pm
Monday – Friday

WIC/SNAP – Stearns County

705 Courthouse Square
St Cloud, MN 56303

Phone: (320) 656-6000

Email: info@co.stearns.mn.us

Website: www.stearnscountymn.gov

Office hours: 8:00 am – 4:30 pm
Monday – Friday

**WIC (Women, Infants, and Children)
Food Assistance Program**

About the WIC Program: Women, Infants, and Children (WIC) is the Special Supplemental Nutrition Program for Women, Infants and Children. The WIC Program provides healthy foods and nutrition information to eligible individuals. WIC foods are intended to improve the health status of participants and to prevent certain nutritionally related medical conditions.

For more information on SNAP or WIC call 1-800-657-3698.
SNAP and WIC may also be applied for online at <https://applymn.dhs.mn.gov/>.

WIC/SNAP – Wright County

1004 Commercial Dr.
Buffalo, MN 55313-1736
Phone: (763)-682-7414
Website: www.co.wright.mn.us

Office hours: 8:00 am – 4:30 pm
Monday – Friday

WIC/SNAP – Meeker County

114 N. Holcombe Ave Ste 180
Litchfield, MN 55355-2273
Phone: (320) 693-5300
Email: paul.bukovich@co.meeker.mn.us
Website: www.co.meeker.mn.us/

Office hours: 8:00 am – 4:30 pm
Monday – Friday

WIC/SNAP – Todd County

212 2nd Ave S
Long Prairie, MN 56347-1640
Phone: (320) 732-4500
Email: jackie.och@co.todd.mn.us
Website: www.co.todd.mn.us/divisions/health-human/community-health

Office hours: 8:00 am – 4:30 pm
Monday – Friday

Make the most of your benefits by utilizing phone apps. “**WIC Shopper**” and “**Fresh EBT**” are free smart phone apps that allows EBT and WIC cardholders to instantly check their SNAP and WIC balances and connect to local food pantries, farmers markets and additional local services that help supplement a limited budget.

WIC/SNAP – Morrison County

213 SE 1st Ave
Little Falls, MN 56345-3196
Phone: (320) 632-2951
Website: www.co.morrison.mn.us

Office hours: 8:00 am – 4:30 pm
Monday – Friday

WIC/SNAP – Mille Lacs County

525 2nd St SE
Milaca, MN 56353
Phone: (320) 983-8208
Email: beth.crook@co.mille-lacs.mn.us
Website: www.millelacs.mn.gov/

Office hours: 8:00 am – 4:30 pm
Monday – Friday

WIC and the Farmer’s Market - Women, Infants and Children (WIC) and Farmers Market Nutrition Program (FMNP) checks are specifically for purchasing fresh fruits and vegetables at authorized farmers’ booths. Vendors that accept these checks will have specific signage displayed within their booths. Enquire at your county WIC office for more information.

Farmers Market SNAP/EBT Program

Nothing says summer like the pop-up produce stands of our local farmers markets. They are a great option for high quality, locally grown produce at a low price. In addition, they provide organic ‘farm to table’ vegetables and fruits at the peak of freshness.

Each market is unique in what they have to offer. In addition to seasonal fruits and vegetables, you also might find booths selling meat, poultry, fish, eggs, dairy products, bread, cereals, jams, syrups, honey, rice, grains, pickles, and packaged pastries.

And did you know that many farmer’s markets allow you to purchase using your EBT card? It is as easy as swiping your card for tokens that can be used in exchange for food purchased at the various booths. (Non-food items as well as immediately consumable food and drinks are not eligible for EBT purchase.)

Purchases will be rounded up to the nearest dollar. No change will be given, and vendors will not exchange tokens for money. Unspent tokens may be kept and used at a later date. Cash refunds cannot be given for tokens and must be used by the end of the Farmer’s Market season.

Below you will find a list of local markets that participate in the EBT program. And, more are added each year, so be sure to contact your local farmer’s market to see their purchase options.

St. Joseph Farmers' Market: 610 N County Road 2, St. Joseph, MN 56374
Fridays 3:00-6:00pm, Open from May to October

St. Cloud Waite Park Harvest Market: 4101 West Division St, St. Cloud, MN 56301
Saturdays 9:00am-1:00pm, Open from May to October

St. Cloud Area Farmers Market: 103 - 6th Avenue South, St. Cloud, MN 56303
Saturdays 8:00am-12:00pm, Open from May to October

Monticello Farmers Market: 200 W 6th Street, Monticello, MN 55362
Thursdays 3:30pm-7:00pm to Open from May to October

Big Lake Farmers Market: 101 Lakeshore Drive, Big Lake, MN 55309
Wednesdays 3:00pm-6:00pm, Open from June to September

Buffalo Farmers Market: 100 1st St NE, Buffalo, MN 55313
Saturdays 8:00am-12:00pm, Open from May to October

Maple Lake Farmers Market: 210 Division St W, Maple Lake, MN 55358
Fridays 3:00pm-7:00pm, Open from June to September

A great resource for getting the most out of your Minnesota Farmer’s Market experience can be found at <https://extension.umn.edu/local-foods/farmers-markets>

Discounted Food

Fare for All

Stretch your food dollars. Fare For All is The Food Group's cooperative purchasing program that offers affordable groceries and packages of produce and meat for up to 40% off retail prices. They sell packages of fruits, vegetables, and frozen meats.

Check their website for more information at <https://fareforall.thefoodgroupmn.org>.

Fare for All is not a free service.

It is a cooperative offering healthy food at significant savings.

The program is held monthly and open to everyone.

Locations:

Fare for All – Buffalo

Zion Lutheran Church
1200 – MN 25
Buffalo, MN 55313

Phone: (800) 582-4291

Email: office@zionbuffalo.org

Website: www.zionbuffalo.org

*See websites for dates and times.

Fare for All – Little Falls

Bethel Lutheran Church
901 Broadway W
Little Falls, MN 56345

Phone: (800) 582-4291

Email: bethellittlefallsa@usfamily.net

Website: <https://bethellutheranlittlefalls.weebly.com/>

*See websites for dates and times.

Fare for All – St. Joseph

Resurrection Lutheran Church
610 County Road 2
St. Joseph, MN 56374

Phone: (800) 582-4291

Email: rlc@rlcstjoe.com

Website: <https://rlcstjoe.com/fare-for-all/>

*See website for dates and times.

Fare for All – St. Cloud

Salem Lutheran Church
90 Riverside Dr. SE.
St. Cloud, MN 56329

Phone: (320) 252-1625

Email: contact@salemstcloud.org

Website: <https://fareforall.thefoodgroupmn.org/>

*See website for dates and times.

**Times and locations are subject to change.
Call or visit website to confirm the days, times, and locations.**

Ruby's Pantry

Ruby's Pantry - No Waste. Great Food.

Ruby's Pantry is a service available for anyone that is looking to extend their monthly grocery budget. They gather various food overages, surpluses, and bumper crops into generous food bundles for a low \$22 contribution.

Cost: \$22 for each unit of food.

****Bring empty containers for your food.**

Locations:

Ruby's Pantry in Ramey, MN

Bethany Lutheran Church
34238 Nature Rd
Foley, MN 56329

Phone: (651) 674-0009

Pantry hours: *

Website: www.rubyspantry.org

*2nd Wednesday of the month - Registration begins at 4:30 pm and food bundles are available 5:00 pm - 6:30 pm. Call to verify day and time.

Ruby's Pantry in Sauk Centre, MN

River of Life Church
705 12th St S
Sauk Centre, MN 56378

Phone: (651) 674-0009

Pantry hours: *

Website: www.rubyspantry.org/location/101

* 1st Saturday of the month - Registration begins at 10:00 am and food bundles are available 10:00 am - 11:30 am. Call to verify day and time.

Ruby's Pantry in Little Falls

Little Falls Alliance Church
609 13th Ave NE
Little Falls, MN 56345

Phone: (651) 674-0009

Pantry hours: *

Website: www.rubyspantry.org/location/85

* 4th Monday of the month - Registration begins at 4:30 pm and food bundles are available 4:30 pm - 6:00 pm. Call to confirm day and times.

Ruby's Pantry distributes food at Pop-Up Pantry locations across MN & WI.

There is no income or residency requirement and for a \$22 bundle donation you will receive an abundance of groceries. And there are no restrictions to the location or the amount of pop-up pantries you attend each month.

Cost: \$22 for each unit of food.

****Bring empty containers for your food.**

**Volunteer opportunities available. Check website for details.
Prices, times, and locations are subject to change – Call to confirm.**

3

Housing

Veterans Housing Program Housing Benefits 101

Website: <https://mn.hb101.org/a/14>

Phone: (866) 333-2466

About us: If you are a veteran and are experiencing homelessness or need housing right away, there are federal, state, and nonprofit programs that can help you find temporary shelter or transitional housing. Call or visit website for more information.

(For more Veteran Specific Services see Chapter 14.)

Catholic Charities, homeless resources: **Phone:** (320) 250-2306

Lutheran Social Services, homeless resources: **Phone:** (866) 444-3743

MACV, homeless resource for veterans: **Phone:** (833) 222-6228

Tri-Cap, homeless resource: **Phone:** (320) 251-1612

Place of Hope, emergency shelter: **Phone:** (320) 203-7881

Salvation Army, emergency shelter resource: **Phone:** (320) 252-4552

Anna Marie's, battered woman's shelter: **Phone:** (320) 253-6900

180 Degrees, emergency youth shelter: **Phone:** (320) 259-6764

Recovery Community Network Housing Support

3400 1st Street North

St. Cloud, MN 56303

Phone: (320) 237-7211 or (320) 342-2236

Email: recoverycommunitynetwork@gmail.com

Website: www.recoverycommunitynetwork.com/

Office hours: Mon – Fri, 9:00 am – 3:00 pm

Sat – By Appointment

Sun – Closed

About us: RCN is committed to assisting individuals who are facing obstacles due to criminal, credit, or rental history barriers in their background find housing. Call them today to see what they can do for you.

Halfway / Transitional Housing

Catholic Charities - Domus

17 19 1/2 Ave S
 Saint Cloud, MN 56301
Phone: (320) 259-9270

Email: info@ccstcloud.org

Website: www.ccstcloud.org/services/housing/transitional

About us: Domus is a temporary, service enriched, shared living Transitional Housing Program designed for adult mothers 18 and older with custody of their children ages 0-12. Domus is a resource for sincere women committed to eliminating barriers, creating opportunities while moving forward in their lives so they will remain stably housed upon completing their stay at Domus. Through expectation and accountability, Domus focuses on self-sufficiency and permanent housing through monthly goal plans. Women and children live in a shared living community. Residents are expected to be employed and may stay up to one year. There is a 30% of income monthly program fee that will be expected per month.

Women with Children, ages 0 - 12

Office Hours: Mon – Fri, 8:00 am – 4:30 pm

Catholic Charities – Emily’s Place

911 18th St North
 Saint Cloud, MN 56303
Phone: (320) 259-9270

Email: Stacey.pederson@ccstcloud.org

Website: www.ccstcloud.org/services/housing/transitional

About us: Emily’s Place assists single homeless women in finding permanent housing through self-sufficiency. It is a temporary, service enriched, shared living transitional housing program designed for single women 21 years of age and older. Through expectation and accountability, Emily’s Place focuses on the development of individual short- and long-term goals through monthly goal plans. Residents must be sober and chemical free and are expected to be employed and pay a monthly program fee. Clients may stay up to 24 months.

Single Women, 21 years and older

Office Hours: Mon – Fri, 8:00 am – 4:30 pm

Catholic Charities

SHY Program (Supportive Housing for Youth)

911 18th Street North
 Saint Cloud, MN, 56303
Phone: (320) 229-6035 or (320) 250-2306

Fax: (320) 229-6039

Email: dannielle.scrivner@ccstcloud.org

Website: www.ccstcloud.org/

About us: This specialized program helps homeless youth build stability in their lives, as well as find and maintain affordable housing. SHY offers housing counseling and financial assistance for young people, ages 16 to 24, who are experiencing homelessness, near-homelessness, or aging-out of foster care. There is no cost to youth in the program and a referral is not needed.

Youth 16 years to 24 years

Office hours: Mon – Fri, 8:00 am – 4:30 pm

**If you are homeless or are at risk of being homeless,
 call or text Catholic Charities at (320) 250-2306**

Dream Center

Men ages 18 and older

OIF (Overcomers International Fellowship)

529 16th Ave. No.

Office Hours: Mon - Fri, 8:00 am-4:00 pm

St. Cloud, MN 56303

Phone: (320) 656-1550

Email: Through website

Website: <http://dreamcenterstcloud.org>

About us: The Dream Center provides housing to men ages 18 and older with both St. Cloud and Willmar locations. They also provide services for those who are struggling with mental health issues, chemical dependency issues, traumatic brain injury, learning disabilities and/or physical disabilities or just coming out of corrections.

Services include three meals a day, personal care, medication management, support groups, accountability, transportation to care providers & aftercare programs, and job & education coaching. They also network with social workers, probation officers, and aftercare providers.

Focus 12 Halfway House

Men ages 18 and older

CMMHC (Central Minnesota Mental Health Center)

3220 Veterans Dr. #6

Office Hours: Staffed: 24/7

St. Cloud, Minnesota 56303

Intake: Mon-Fri, 6:00 am-2:00 pm

Phone: (320) 252-2425

Fax: (320)529-1976

Email: holzem@cmmhc.com

Website: www.cmmhc.org/services/focus-xii

About us: Located in St. Cloud, Focus XII Residential is medium intensity, abstinence-based program that serves men 18 and older who are chemically dependent and have recently completed a licensed chemical dependency treatment program. This program is licensed through both the Minnesota Department of Human Services and Department of Health. With 24-hour staff coverage, this program provides a positive, structured living environment which serves as a transition from the highly structured treatment facility to independent community living while receiving 15 hours of substance use disorder treatment programming per week.

Lutheran Social Services

City: Little Falls, MN - **Phone:** (320) 632-9299

Office Hours: Mon-Fri, 8:00 am-5:00 pm

City: St. Cloud, MN - **Phone:** (320) 251-7700

Community Residential Services –

Phone: (866) 444-3743 - **Email:** pss@lssmn.org

Host Homes for People with Disabilities –

Phone: (218) 821-9156 - **Email:** hosthomes@lssmn.org

Website: www.lssmn.org/

About us: Housing Support Services - We offer transitional and long-term housing options for individuals, veterans, people with disabilities, youth and families to regain stability and avoid homelessness. We also provide housing support services designed to ensure families achieve self-sufficiency.

NuWay

1420 West St. Germain Street
Suite 104/105
St. Cloud, MN 56301

Phone: (320) 314-1200

Fax: (320) 314-1497

Email: stcloud.admissions@nuway.org

Website: www.nuway.org/treatment-services/outpatient-treatment-services/

Adult – Male and Female

Office Hours: Mon - Fri: 8:00 am – 4:30 pm

Sat and Sun: Closed

About us: The NUWAY Recovery Foundation was created in late 2018 to address the housing needs of individuals in recovery from substance use disorder. Providing safe and supportive housing for recovering people is the founding concept of the NUWAY® mission. The NUWAY Recovery Foundation works to maintain partnerships with recovery residence providers who adhere to quality standards and provide peer-support services. NUWAY Recovery Foundation liaisons communicate with housing providers to monitor the well-being and care accessibility of referred residents. The work of NUWAY Foundation is improving access to quality housing and stimulating the development of additional housing stock.

NUWAY® provides community-based, co-occurring extended care treatment throughout Minnesota. NUWAY’s intensive outpatient programs utilize the R.I.S.E. (Recovery In Supportive Environments) model of care by pairing IOP treatment with recovery residence support. All NUWAY programs are GLBTQIA+ safe and friendly, trauma informed and medication-assistance friendly.

Recovery Center

109 Washburne Ave
Paynesville, MN 56362

Phone: (320) 243-1599

Fax: (320) 243-1570

Email: mae@recoverycenterllc.org

Website: www.recoverycenterllc.org/

Males, Females, and Families

Office Hours: Mon: 12:00pm – 9:00pm

Tues and Fri: 9:00 am – 12:00 pm

Wed and Thurs: 9:00 am – 9:00 pm

Sat and Sun – By appointment

About Us: Sober transitional housing is available through Recovery Center for males, females, and families on a month-to-month basis for a small rental fee while receiving treatment services.

Residents are required to pay their own rent, food, and personal needs.

Living in sober transitional housing allows for structure, support, guidance and resources for clients as they strengthen their recovery. Life Skills Management services are offered to help rebuild lives and achieve the ultimate goal to transition from sober housing to independent housing with support.

Saving Grace

Lutheran Social Services

716 E Street
Brainerd, MN 55108

Email: savinggrace@lssmn.org

Website: www.lssmn.org/services/youth-homelessness/brainerd/saving-grace

Male and Female Youth - up to 25 years

Sex Trafficking and Exploitation

Hours: 24/7 Hotline

Phone: (866) 824-3770

About Us: Saving Grace is a Lutheran Social Service of Minnesota scattered site transitional housing service for youth under the age of 25 who have experienced sex trafficking. (Continued on next page)

Saving Grace (cont.)

We serve youth in the Central Minnesota counties of Aitkin, Cass, Crow Wing, Mille Lacs, Morrison, Todd, Wadena and the St. Cloud area.

We provide safe housing and help young people meet basic needs. We also support them in shaping an individualized safety and life plan and finding ongoing housing so they can successfully rebuild their lives.

Our Services:

- Safe shelter
- Food and clothing
- Counseling support
- Chemical dependency assistance
- Health services
- Job search assistance
- Support setting school goals
- Links to community resources
- Shaping an 'after plan' for youth exiting the program

Place of Hope Ministries Living Hope Residential Center

511 9th Ave. No.
St. Cloud, MN 56303

Email: hope@placeofhopeministries.org

Website: www.placeofhopeministries.com

Office Hours: Call for hours.

Phone: (320) 203-7881
or (320) 203-7883 - Hope on 9th

About us: Place of Hope's 'Living Hope Residential Center' provides hope through shelter programs for those coming off the street, looking for help with drugs and alcohol, or wanting a place to "recover" their stability and peace of mind. This is a very structured program and provides a place of hope, healing, and restoration for the individual and the families experiencing homelessness.

Place of Hope Ministries has developed a 31-unit Supportive Housing apartment building adjacent to our Living Hope Residential Center. H.O.P.E. (Housing Opportunities for People being Empowered) on Ninth includes 10 supportive housing units. These units are designated for those who have experienced long-term homelessness. There is an on-site supportive services coordinator to assist those living in the supportive housing units. This project is funded in part by Minnesota Housing Finance Agency, Ending Long Term Homelessness Fund, Greater Minnesota Housing Partnership and Department of Human Services.

- ***Katies Wing*** – Houses single moms with children
- ***Mary Anne's Wing*** – Houses single women
- ***Chad's Wing*** – Houses single men
- ***Tenacious Hope Wing*** – Houses single Men including Department of Corrections
- ***Service Building:*** Houses single men and our Hope for Veterans Contract Residential program.

Place of Hope assists anyone in a crisis needing shelter, guidance, referral, and help residing in Benton, Crow Wing, Morrison, Sherburne, Stearns, Todd and Wright counties.

Tri-Cap

1210 23rd Ave S
P.O. Box 683
Waite Park, MN 56387
Phone: (320) 251-1612

Email: general@tricap.org

Website: <https://tricap.org/assistance/building-stability/>

**Men, Women, and Families
Housing and Rental Education
Office Hours:** Mon – Fri, 8:00am – 4:30pm

About us: Tri-CAP is a Coordinated Entry List Access Point. If you are homeless and need access to Central Minnesota Coordinated Entry Referral List and VI-SPDAT assessment, please contact a Tri-CAP self-sufficiency counselor at 320-251-1612 for more information.

When an opening in the following programs occur, we are given a referral from the Central Minnesota Coordinated Entry List:

- Rapid Rehousing - Provides 1 to 2 years of rental assistance and case management for persons experiencing homelessness.
- Long-term Rental Assistance and Permanent Supportive Housing - Provides on-going rental support and case management for persons experiencing long term homelessness.

Housing Services provided by Tri-CAP Inc. includes a Rental Education/Renting 101 class which provides information on the following:

- How to find an apartment
- The common barriers to housing and how to overcome them
- How to pull your credit, criminal, and civil court records
- Avoiding eviction
- Landlord's and tenant's rights and responsibilities

More info can be found at <https://tricap.org/assistance/renting-101/>.

Victory Plus Housing

600 - 15th Avenue North
St. Cloud, MN 56303
Phone: (320) 761-9408
Email: <https://disabilityhubmn.org/contact-us/>
Website: www.victoryplushousing.com/

**Adult Males
Sober Housing
Office Hours:** N/A

About us: Victory House in Saint Cloud is an independent sober living home. Our goal to provide a supportive environment that aims to integrate our residents into the broader community. We provide furnished apartments and include access to other services, such as medical and job training.

We maintain a strict sober environment and are implementing a restorative justice program that focuses on the rehabilitation of offenders through reconciliation with victims and the community at large. Our residents are expected to maintain collective responsibility while fostering supportive relations with each other.

Call or visit our website for more information.

Housing and Redevelopment Authority (HRA)

St. Cloud HRA

1225 W. St. Germain Street
St. Cloud, MN 56301

Fax: Refer to website

Email: Through website

Website: <https://stcloudhra.com/>

Phone: (320) 252-0880

Office Hours: Mon – Fri, 8:00am – 4:30pm

Morrison County HRA

304 2nd St SE
Little Falls, MN 56345

Fax: 320-632-4534

Email: morrisoncountyhra.lorelee@gmail.com

Website: www.morrisoncountyhra.com/

Phone: (320) 632-4506

Office Hours: Mon & Wed, 9:00 am – 2:00 pm

Todd County HRA

300 Linden Avenue South
Browerville, MN 56438

Email: toddhra@rea-alp.com

Website: <https://www.co.todd.mn.us/government/overview/community/todd-county-hra/>

Phone: (320) 594-6388

Office Hours: Call for hours

Meeker County HRA

PO Box 277
Dassel, MN 55325

Email: meekerhra@hutchtel.net

Website: <http://meekerhra.org/>

Phone: (320) 275-3542

Office Hours: NA

Housing Choice Voucher (Section 8): The Housing Choice Voucher (HCV) program is funded by the U.S. Department of Housing and Urban Development (HUD). The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses and apartments.

HUD Continuum of Care (CoC) Rental Assistance: HUD CoC Rental Assistance is funded by the U.S. Department of Housing and Urban Development (HUD). The program helps households experiencing homelessness pay their rent.

HUD – VASH: The HUD-Vash program is a collaboration between the U. S. Department of Housing Urban Development (HUD) and the U.S. Department of Veteran Affairs Supported Housing program to help homeless veterans and their immediate families find and maintain permanent housing in their community. The veteran does not have to have a disability for this service.

(For more Veteran Specific Services see Chapter 14.)

Contact your local HRA office for more information.

Central Minnesota Re-entry Project

PO Box 2391

Office Hours: Tue, Wed, Thurs: 10:00 am – 4:00 pm

St. Cloud, MN 56302

Email: pat@cmnrp.org

Phone: (320) 656-9004

Website: <https://cmnrp.org/>

About us: CMNRP works with the Minnesota Department of Corrections and Community Corrections in the Tri-County area regarding recently released ex-offenders. CMNRP's goal is to "help you help yourself" transition to a successful crime-free life. You may be eligible for resources on employment, transitional housing, and community support.

Three Client Eligibility MUSTS:

- The felony conviction was in the state of Minnesota and in the county of either Stearns, Benton, or Sherburne
- It has been 365 days or less from the felony sentencing date, or release from incarceration for the felony conviction
- And client is currently under supervision

When the release date comes and the key is turned and you walk out those gates, a new life begins. However, closed and locked doors also await you on the outside when you have a criminal record: doors to jobs, housing and more. You need a "key" to open those doors to a new life. CMNRP is here to help you successfully integrate into the community and live a crime free life.

As a CMNRP client you are eligible for referrals in areas such as:

- Transitional Housing
- Employment
- Education
- Clothing
- Support Networks
- Family Services

There are several steps you can take while still incarcerated to prepare yourself for a smoother transition:

- Take advantage of educational, treatment, and transitional programs you qualify for
- Attend any transition fairs that are offered
- Create a resume for employment
- Apply for a social security card, (you need one to work!)
- Get your birth certificate
- Resolve DWI issues and plan for transportation

Care Cab: Medical Appointments, **Phone:** (320) 253-7729

DAV: Veteran's Medical Appointments, **Phone:** 320-252-1670, ext. 6676

Metro Bus: Public Transit, **Phone:** (320) 251-7433

Metro Bus Dial-a-Ride: Disability Accommodated Public Transit,
Phone: (320) 251-1499

Tri-CAP Dial-a-Ride Bus Service: **Phone:** (320) 251-1612
All populations in the St. Cloud and surrounding service area

4

Transportation

**Do you have questions on how to navigate the Metro Bus System?
Free online training is available:**

Metro Bus Mobility Training Center

700 West. St. Germain, Suite 100
St. Cloud, MN 56301

Phone: (320) 529-4497

Email: info@stcloudmtc.com

Office Hours: Mon-Fri, 9 am -3 pm

Website: <https://ridemetrobust.com/home/travel-training>

Are you new in town? Are you just learning how to ride the bus? Do you need help learning to use Metro Bus Fixed Route or Dial-a-Ride Services?

We have the help you need through our Metro Bus Travel Training Program. Metro Bus Travel Guides assist seniors who no longer drive and anyone who does not own a vehicle, has special needs or is a first-time bus user. If you need assistance in navigating the Metro Bus System, they are ready to be your personal guide to help you learn about routes, services, schedules, and fares. These dedicated and trained professional guides will ride along with new bus users and teach them how to use the system. And it's FREE!

Let us show you how easy it is to ride the bus! Join Metro Bus the 3rd Wednesday of each month at 11:15am. Trainings are offered to any and everyone. Join by computer or phone.

They provide customized training to meet the individual or group needs. Classroom-style training can be provided at your site or hosted at the Mobility Training Center.

Training can be provided in languages other than English through the use of interpreter services and Somali-speaking Travel Guides.

Contact us or visit our website for more information.

Transportation

Care Cab

2600 7th St N
St Cloud, MN 56303

Email: info@carecab.com

Website: www.carecab.com/

Phone: (320) 253-7729

Hours: 24 hours a day – 7 days a week

About us: Care Cab provides specialized transportation, primarily for therapy appointments, dialysis, hospitals, nursing homes, adult day programs, Autism Day treatment programs, schools, special education students and also developmentally disabled adults. We proudly serve all of Minnesota as well as the VA Hospitals in Minneapolis and St. Cloud.

DAV (Disabled American Veterans)

St. Cloud VA - Building 8 - Room 1B
4801 Veterans Drive
St. Cloud, MN 56303-2015

Website: www.va.gov/st-cloud-health-care/dav-vans-transportation-for-veterans/#about-dav-services

Phone: 320-252-1670, ext. 6676

About us: The Disabled American Veterans (DAV) provides free van rides to and from St. Cloud VA Medical Center to Veterans who don't have other transportation options. Find out how to schedule a DAV van ride. DAV van resources work with county Veterans Affairs directors to provide transportation for Veterans to and from Veteran health care centers for scheduled medical appointments. If you'd like to schedule a DAV van ride, contact the Hospital Service Coordinator who serves your county. More information on transportation options can be found on our website.

(For more Veteran Specific Services see Chapter 14.)

Metro Bus – Dial-a-Ride

665 Franklin Ave NE
St Cloud, MN 56304

Phone: (320) 251-1499

Phone: (320) 252-1010

Email: info@stcloudmtc.com

Website: <https://ridemetrobust.com/>

Hours: Mon - Fri, 5:00am – 10:15pm

Sat, 7:45am – 6:30pm

Sun, 8:45am – 5:45pm

Call Center Hours: Mon - Fri, 6:00am – 5:00pm

Sat-Sun, 8:00am – 5:00pm

About us: Dial-a-Ride is a shared-ride paratransit service for individuals who are unable to use Fixed Routes. Dial-a-Ride is Door-through-Door, Operator assisted service with a curb-to-curb option. Paratransit service is available within ¾ of a mile of all Fixed Routes seven days a week. Certification and Reservations are required.

- Must be unable to board, ride or disembark a Fixed Route Metro Bus, or access the Fixed Route system due to a combination of a disability and physical barrier (i.e. distance to bus stop, terrain, etc.)
- Uses a personal oxygen supply or ventilator.
- Metro Bus Dial-a-Ride does not provide services to those requiring external life support equipment or emergency medical transportation.

Call or visit our website for more information or to schedule a ride.

Metro Bus

510 1st Street South
St. Cloud, MN 56301

Email: info@stcloudmtc.com

Website: <https://ridemetrobust.com/>

About us: Metro Bus operates 17 fixed bus routes serving the cities of St. Cloud, Sartell, Sauk Rapids and Waite Park. Fixed Route service runs seven days a week, all year. Routes begin service as early as 5:15 am and end as late as 10:43 pm on weekdays, 7:45 am to 7:12 pm on Saturdays and 8:45 am to 6:12 on Sundays. Metro Bus is closed on national holidays. Check website for details.

Phone: (320) 251-7433

Office Hours: M-F 5:00am – 10:15pm
Sat 7:45am – 6:30pm
Sun 8:45am– 5:45pm

Tri-Cap

1200 23rd Ave S
P.O. Box 683
Waite Park, MN 56387

Email: General@tricap.org

Website: <https://tricap.org/transportation/>

About us: TRI-CAP bus service in Benton, Mille Lacs, Morrison, Sherburne, and Stearns counties along with the cities of Albany, Sauk Centre, Melrose, St Joseph, Cold Spring, Paynesville, Little Falls, Big Lake, Elk River, Milaca and Princeton. The bus service is available to the general public with no age or income requirements, and all buses are handicapped accessible. Bus schedules and service hours vary by service area. Schedule availability can change daily and is always dependent on how quickly time slots are filled by passengers in a given area.

Phone: (888) 765-5597
or (320) 251-1612

Office Hours: M – F, 8:00am – 4:30pm

TRI-Cap also has a DIAL-A-RIDE (DAR) or curb-to-curb transit service available throughout our service area. Call and schedule an appointment and we will take care of the rest. We are here to get you where you need to go. Call for more information.

How to make a ride reservation: www.youtube.com/watch?v=k7CAQW03E5o&t=11s

Yellow Cab

2600 N 7th St
St Cloud, MN 56303

Email: orangecabmn@gmail.com

Website: www.yellowcabsc.com/

About us: Yellow Cab of St Cloud provides authorized transportation to medical appointments, doctor visits, clinics, hospitals, and other medical facilities. Check with your health insurance for coverage options and call us for more information.

Phone: (320) 251-5050

Office Hours: 24 hours a day /
7 days a week

**Tri-Cap – D.R.I.V.E.
Personal Transportation Program**

1200 23rd Ave S, P.O. Box 683
Waite Park, MN 56387

Website: <https://tricap.org/transportation/>

Phone: (320) 251-1612

Email: general@tricap.org

The Donated Vehicle Program provides low-cost vehicles for sale to income eligible residents in Benton, Sherburne, and Stearns counties. Eligibility information can be found via our website.

Felony Record Hub

www.felonyrecordhub.com/jobs-for-felons/

Our website is the #1 resource on the internet to help former felons get employed again. Browse our jobs, find one you like, and get back to work today.

5

Employment Services

Minnesota's A Division of AmeriCorps

One year of sobriety required

Do you want to use your lived experience to make a difference? Volunteer with AmeriCorp's Recovery Corps. AmeriCorps members, serving as Recovery Navigators, provide mentoring, peer support, and resource navigation to help people build their recovery. The Recovery Navigator is not a sponsor or counselor but a trained peer who understands the journey of recovery.

The rewards include helping people, inspiring hope, and changing lives. In exchange for a one-year commitment to service you will receive a living stipend, health care, and an education credit of \$6495.00 that can be used in multiple ways. If you are ready for a challenging job with a purpose, contact us through our website:

www.minnesotarecoverycorps.org/contact

Online Job Search Websites:

Free job search sites optimized to get you hired. Build and upload your resume, compare, and apply for jobs, and check satisfaction ratings of potential employers. Apply once for many jobs, and then tailor your resume to each job before uploading.

Popular Online Job Sites:

Indeed, Zip Recruiter, Monster, Career Builder, LinkedIn, and Glassdoor

Employment Agencies

Career Force

Career Force – St. Cloud

Phone: (320) 308-5320

St Cloud Technical & Comm. College

1542 Northway Drive Door 2

Office Hours: Mon - Fri 8:00am – 4:30pm

St Cloud, MN 56303

Email: careerforce.saintcloud@state.mn.us

Website: www.careerforcemn.com/saintcloud

Career Force – Litchfield

Phone: (320) 593-1056

114 North Holcombe Avenue Suite 170

Litchfield, MN 55355

Office Hours: M-Tues: 8:00am-12:00 pm /1:00-4:30 pm

Email: careerforce.litchfield@state.mn.us

Thurs. 8:00am-12:00pm /1:00pm-4:30pm

Website: www.careerforcemn.com/litchfield

Career Force – Little Falls

Phone: (320) 232-2000

609 13th Avenue NE Suite G

Little Falls, MN 56345

Office Hours: Mon – Fri 8:00 am – 4:30 pm

Email: careerforce.littlefalls@state.mn.us

Website: www.careerforcemn.com/littlefalls

About us: With close to 50 CareerForce locations throughout the state, you're sure to find one that fits your career development or talent matching needs. CareerForce is committed to helping individuals start, advance, or change their career. This includes one-on-one guidance, training, networking, labor market information and much more. We are a rich resource for anyone, from any walk of life, at any career or recruitment stage.

Doherty Staffing

Phone: (320) 253-4473

2301 Division St #500

St Cloud, MN 56301

Office Hours: Mon -Fri, 8:00am – 5:00pm

Email: Through Website

Website: www.doherty.jobs/

About us: Doherty is one of the Midwest's largest staffing and recruiting agencies, connecting great jobs to great people for 40+ years. People who partner with us enjoy awesome work perks that include:

- Weekly paychecks with free auto deposit or pay card options
- Health benefit plans with several coverage levels
- Vacation and holiday pay
- Flexible work options that fit your schedule
- Referral bonus program
- Awesome customer service from recruiters who care

Call or visit our website for more information.

Express Employment Professionals

1410 W St Germain St Ste 101
St Cloud, MN 56301

Email: Through website

Website: www.expresspros.com/stcloudmn

About us: Express Employment Professionals works with job seekers to help them find the right job for their skills and experience. We have a variety of jobs available, and there are full-time, part-time, and temporary positions available.

Phone: (320) 251-1038

Office Hours: Mon – Fri, 8:00am – 5:00pm

Goodwill / Easter Seals

50 2nd Ave. S.

Waite Park, MN 56387

Email: outreach@gesmn.org

Website: www.goodwilleasterseals.org/services/Career-Training-Support

About us: Industry-specific training programs help expand the skills and qualifications needed to start a new career in just 8 - 12 weeks (eligibility screening and entrance test are required prior to enrollment).

Phone: (320) 654-9012

Office Hours: Mon – Fri, 10:00 am – 8:00 pm
Sat, 10:00 am – 7:00, Sun, 11:00 am – 6:00 pm

- Get no cost training in high demand fields in automotive, construction, business, and IT.
- Earn industry certificates, college credits and connect with potential employers.
- Receive stipends or training wages while enrolled in select courses.
- Explore goals, strengths, and interests and plan for a career.
- Prepare for interviews and build personal skills in employment & career readiness.
- Receive support and career navigation from experienced staff and instructors.

Personalized, flexible job placement services are the heart of GESMN’s mission; we work closely with job seekers and employers to connect people to a career.

Get your Lived Experience to Work for You.

Become a Certified Peer Recovery Specialist

Open doors into the field of recovery by becoming a Certified Peer Recovery Specialist.

Certified Peer Recovery Specialists are recovery coaches that use a strengths-based approach in assisting individuals find and utilize their values, assets, and strengths while supporting them in achieving success.

CPRS’s are now in high demand within treatment facilities, hospitals, non-profits, and other organizations that assist people in recovery.

There is an application process to become a CPRS, followed by a week of training, and the successful completion of the MN Certification Board exam. A high school diploma and a year of sobriety is required for acceptance.

Some employers will cover CPRS training as a condition of employment. Scholarships or a volunteer exchange may be available to cover the training for those who qualify. Contact Recovery Community Network for more information or to apply for the next Recovery Coach Academy at (320) 428-1887 or email them at recoverycommunitynetwork@gmail.com.

Kelly Services

4150 2nd St S #425
St Cloud, MN 56301

Email: Through website

Website: www.kellyservices.us

About us: The fight is on to fix the injustices that keep qualified people from thriving in today's workforce. We teach our children to believe in building a better future. If we can envision that future for our kids, why not for today's working adults? Whether you're an employer or a job seeker, join us and let's remove more barriers to work – today and for our future.

Phone: (320) 253-7430

Office Hours: M-F 8:30am – 5:00pm

LAMB Labor Services

115 Business 23 E
Paynesville, MN 56362

Email: info@lamblaborservices.com

Website: www.lamblaborservices.com

About us: (Spanish Friendly) Our staffing team sees a wide range of individuals seeking employment — from those looking for a career change or a second job to those currently unemployed. We hire and work with individuals to help them find full-time and part-time employment for permanent and temporary positions throughout central Minnesota. Currently we work with employers within a 20–30-mile radius around our office location in Paynesville, MN.

Phone: (320) 266-3059

Office Hours: M-F 9:00am – 5:00pm

As an equal opportunity employer, we welcome and encourage all individuals to apply — regardless of race, age, gender, disability, or other. We are veteran friendly. We are disability friendly. We are race friendly. We are a people friendly recruiting agency.

Prostaff

1400 W St Germain St #102
St Cloud, MN 56301

Email: askhr@staffmarkgroup.com

Website: <https://prostaff.com/>

About us: A leader in staffing and recruiting, Pro Staff offers temporary, contract-to-hire, and direct-hire placements for a variety of light industrial and administrative jobs. We help you prepare for your next job – whether it's reviewing a resume to offer feedback or connecting you to exclusive jobs at leading local companies.

Phone: (320) 656-9777

Office Hours: M-F 8:00am – 5:00pm

Some of the administrative jobs include: executive assistant, legal secretary, sales assistant, call center representative, collections, sales agents, human resources generalist, data entry clerk, general office clerk, receptionist. Light industrial jobs include: assembler, production operator, certified forklift operator, inventory clerk, material handler, transportation clerk, quality control technician, test technician, CNC operator and welder.

United Way can assist you with your job search. You can use their resource finder on their website at www.211unitedway.org/. Insert your zip code and choose the type of assistance needed and a listing of resources and programs will populate with a brief description, address, and location on a map. Examples are resume help, interview training, ex-offender assistance, etc.

Rise

Rise - Milaca

110 Second Street NW, PO Box 35
Milaca, MN 56353

Phone: (320) 983-2684

Email: info@rise.org

Website: www.rise.org

Office Hours: Mon – Fri, 8:00 am – 4:00 pm
Sat – Sun, Closed

Rise – St. Cloud

Midtown Square
3400 1st St N #105
St Cloud, MN 56303

Phone: (320) 656-5608

Email: info@rise.org

Website: www.rise.org

Office Hours: Mon – Fri, 8:00 am – 4:00 pm
Sat – Sun, Closed

Rise – St. Cloud – Hearing Impaired

400 1st St. So. #500B
St. Cloud, MN 56301

Phone: (651) 265-2337

Email: info@rise.org

Website: www.rise.org

Office Hours: Mon – Fri, 8:00 am – 4:00 pm
Sat – Sun, Closed

Cell/Text: (651) 295-4261

VP: (651) 243-3047

About us: Rise is an organization which supports people who have disabilities and other barriers. We are an industry leader and offer the people we serve the greatest possible level of community integration and a wide range of programming choices so that they may meet their goals.

Most of our programs are intended to assist the people we serve in finding employment opportunities that fit their career objectives and skills. We also have life enrichment programs and mental health support services, as well as programs assisting people in finding safe, affordable housing in some Central Minnesota counties. Rise strives to support the people we serve in the ways they want, such that everyone can achieve their personal measure of vocational achievement, self-sufficiency, and belonging in their communities.

Forensic Peer Recovery Support

A person in Forensic Peer Recovery is a Certified Peer Recovery Specialist who has had additional training in forensic recovery. Once they have their CPRS and their forensic training, they may apply for positions where they will work with individuals with substance use disorders who are currently incarcerated, transitioning back to the community, on probation or parole, or have experienced incarceration in the past and are willing to engage in peer recovery support services. Previous experience with incarceration and substance use disorder is preferred.

There is a fee for this training.

Successful completion of CPRS training (see page 39) and one year of sobriety is required to apply.

Contact Minnesota Recovery Connection for more information
at (612) 584-4158 or visit their website: <https://minnesotarecovery.org/>

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Childcare Services

Crisis Child Care needs – Lutheran Social Services

About us: Lutheran Social Services (LSS) Crisis Nursery staff provides a confidential and voluntary service to parents dealing with personal stress or crises such as an illness, housing problems, divorce or separation, financial strains, or other issues. A child's parent or legal guardian can request short-term care by licensed providers for children up through age 12 and referrals to additional community resources. Free 24/7 care for children and support for families.

Crisis Nursery – St. Cloud

1205 6th Ave S
St Cloud, MN 56301

Website: www.lssmn.org/services/families/crisis-nurseries

Phone: (320) 654-1090

Office Hours: 24 hours – 7 days a week

Email: conni.orth@lssmn.org

Crisis Nursery – Wright County Area

Call for Location
Wright County, MN 55390

Website: www.lssmn.org/services/families/crisis-nurseries

Phone: (320) 406-8606

Office Hours: 24 hours – 7 days a week

Email: conni.orth@lssmn.org

Parent Warm Line – Email Only

Email: parent.resources@namimn.org

All messages receive a response within 24 hours

Website: <https://namimn.org/support/information-and-resources/helpline-parent-warmline/>

Many parents feel isolated and overwhelmed by their child's behaviors or mental illnesses and don't know where to start or to whom they can talk. If you feel this way and don't have time to attend support groups and classes or even make a phone call, contact the parent email warmline at NAMI Minnesota to connect with a parent peer specialist.

Each member of the NAMI parent educator support team is a parent of a child or young adult with mental illnesses or challenging behaviors. We can help parents with children ages birth to 21 find resources, answers to your questions, or a support network. You will know that you are not alone.

Please note this is not a crisis line.

For a mental health crisis or emergency always contact your county crisis team or 911

The Child Care Assistance Program

The Child Care Assistance Program provides financial assistance to help families with low incomes pay for childcare so that parents may pursue employment or education leading to employment, while their children are well cared for and prepared to enter school. Our partners and providers in this program provide childcare for more than 30,000 children every month. Apply in person at your county courthouse or online at ApplyMN.dhs.mn.gov.

Benton County

Phone: (800) 530-6254

Email: lknosall@co.benton.mn.us

Website: www.co.benton.mn.us/349/Financial-Assistance

Meeker County

Phone: (320) 693-5300

Email: socserv.info@co.meeker.mn.us

Website: www.co.meeker.mn.us/247/Child-Care-Assistance

Mille Lacs County

Phone: (320) 983-8242

Email: natalie.kelash@millelacs.mn.gov

Website: www.millelacs.mn.gov/2323/Child-Care-Assistance

Morrison County

Phone: (320) 632-0214

Email: cyndib@co.morrison.mn.us

Website: www.co.morrison.mn.us/298/Financial-Support

Sherburne County

Phone: (763) 765-4000

Email: padocs@co.sherburne.mn.us

Website: www.co.sherburne.mn.us/426/Child-Care-Assistance

Stearns County

Phone: (651) 431-3809

Email: dhs.ccap@state.mn.us

Website: www.stearnscountymn.gov/1062/Financial-Programs

Todd County

Phone: (320) 732-4500

Email: marie.baronkelly@co.todd.mn.us

Website: www.co.todd.mn.us/child-care-assistance-available-for-qualifying-families/

Wright county

Phone: (763) 682-7400

Email: HSFSPPrograms@co.wright.mn.us

Website: www.co.wright.mn.us/231/Child-Care-Assistance

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Military resources for continuing education:

Phone: (888) 546-5838

Website: <http://linkvet.org/app/custom/education>

Apply for benefits at: <http://benefits.va.gov/gibill>

(For more Veteran Specific Services see Chapter 14.)

Adult Education

Hands Across the World

1605 Goettens Way Suite 206

St Cloud, MN 56301

Email: info@handsacrosstheworldmn.org

Website: www.handsacrosstheworldmn.org/

About us: Hands Across the World provides a first learning experience to newly arrived immigrants and refugees who do not have the language or living skills to thrive in our community. We help both children and parents acquire the tools needed to become integrated citizens of Central MN.

Adults: Adults learn four communication skills: listening, speaking, reading, and writing. These skills better equipped to communicate with others, continue their education and secure employment.

Children: Parents are welcome to bring their pre-school children. In a separate room we offer an ESL Early Childhood program to the children. In the afternoon we invite our student's children to the **after-school program**, which helps them with their Math and English literacy. We motivate our students to work on their GED or the Diploma Program, and to advance toward a technical or college education.

Phone: (320) 260-1072

September to May

Paying for College

FASFA - <https://studentaid.gov/h/apply-for-aid/fafsa>

Use the Free Application for Federal Student Aid (FAFSA®) form to apply for financial aid for college or graduate school.

Federal Student Aid - <https://studentaid.gov/articles/student-loan-forgiveness/>.

Federal Student Aid's website offers advice in tackling student loan repayment.

Adult Basic Education**ABE - Hotline:****Email:** krynda@mnliteracy.org**Website:** www.mnliteracy.org/hotline**Phone:** (800) 222-1990**Text:** (612) 424-1211

About us: Adult Basic Education Classes are free. There is no tuition or books to buy. The classes also provide flexible scheduling, offer individualized curriculum, and allow access on-line learning options. When you are enrolled in Local Adult Basic Education classes, you can improve basic skills such as, but not limited to, reading, writing, math, English (as a second language), and basic computer. The knowledge and skills will prepare you for GED testing, the Accuplacer, Armed Services Vocational Aptitude Battery, and the NorthStar Digital Literacy Exam. With more than 300 programs statewide, we are the leading provider of free classes in ESL, GED, college prep, computers and more. Contact us and allow us to assist you in finding the right class to meet your needs.

Our Locations:**Albany – Senior High School**

10 Forest Ave

Albany, MN 56307

Email: abe@isd742.org**Website:** www.district745.org/commed/adult-basic-education**Classes offered:** Adult diploma, GED prep, ESL (English as a Second Language)**Phone:** (320) 845-5060

September to May

Annandale

855 Hemlock Street

East Annandale, MN 55302

Website: www.westabe.org**Classes offered:** GED prep, math and reading**Phone:** (320) 274-3058

September to May

Becker

12000 Hancock Street

Becker, MN 55308

Website: www.westabe.org/**Classes offered:** GED prep, all levels**Phone:** (763) 261-4506

September to May

Big Lake

17901 205th Ave. NW

Big Lake, MN 55309

Website: www.westabe.org**Classes offered:** GED prep, ESL (English as a Second Language), Reading**Phone:** (763) 262-2523

September to May

Buffalo

800 8th St. NE

Buffalo, MN 55313

Website: www.westabe.org**Classes offered:** Citizenship, GED prep, ESL (English as a Second Language), Math, and Reading**Phone:** (763) 682-8688

Ext. (ABE) 7

Year-round except August

Cold Spring – St. Boniface Church

527 Main Street
Cold Spring, MN 56320

Email: hillmans@rocori.k12.mn.us

Website: www.rocori.k12.mn.us/community-ed

Classes offered: Reading and Writing

Phone: (320) 685-8631

September to May

Foley

840 Norman Ave. N.
Foley, MN 56329

Website: www.westabe.org

Classes offered: Citizenship, GED prep, College Prep, Math, Reading, ESL

Phone: (320) 968-8619

September to May

Kimball

405 Hazel Avenue East
Kimball, MN 55353

Email: celest.stang@kimball.k12.mn.us

Website: www.kimball.k12.mn.us/

Classes offered: Adult Diploma, GED prep, Reading, Writing, Math, and Computer

Phone: (320) 398-7700

Ext. 1112

September to May

Litchfield

307 E 6th St
Litchfield, MN 55355

Email: jcarl@isd465.org

Website: <https://hotline.mnabe.org/display/site/132>

Classes offered: GED prep, ESL (English as a Second Language), Math, Reading

Phone: (320) 693-2354

September to May

Little Falls – Community Middle School

1000 1st Ave. NE
Little Falls, MN 56345

Email: btollefson@fed.k12.mn.us

Website: <http://mnabe.org/>

Classes offered: GED prep, ESL, English, Math, Reading, and Computer.

Phone: (320) 632-7904 or
(218) 639-7292

September to May

Milaca

500 W Hwy 23
Milaca, MN 56353

Email: jessica.crafton@milaca.k12.mn.us

Website: <https://milaca.cr3.rschooldtoday.com/public/home/>

Classes offered: GED prep, Math, Reading, Computer

Phone: (320) 982-7398

September to May

Paynesville

795 Old Hwy 23
Paynesville, MN 56362

Email: trochlila@willmar.k12.mn.us

Website: <https://hotline.mnabe.org/display/site/136>

Classes offered: GED prep, ESL (English as a Second Language), Math, and Reading

Phone: (320) 243-7570

September to May

Princeton

706 First Street

Princeton, MN 55371

Email: angie.sanders@isd477.org

Website: www.isd477.org/community-education/programs/abe

Classes offered: GED Prep, Math, and Reading

Phone: (763) 389-6196

Year-round except August

Saint Cloud – Great River Regional Library

1300 W. St. Germain St. Rm. 208

St. Cloud, MN 56301

Email: abe@isd742.org

Website: www.centralmnabe.org

Classes offered: Citizenship and ESL (English as a Second Language)

By becoming a U.S. citizen, you will be able to vote and participate fully in our American democracy. If you become a citizen before your children turn 18, they also become citizens. Adult Basic Education offers these free services to all interested in becoming U.S. Citizens:

- Citizenship Workshop
- English for citizenship classes
- Classes/volunteer tutors to help study U.S. history and government
- Referrals to St. Cloud Area Legal Services for help in legal matters regarding citizenship

Classes are held on Fri's from 10:00 am - 1:00 pm.

Free Citizenship Class

Phone: (320) 370-8220

Saint Cloud – La Cruz Community Center

1546 6 Ave S

St. Cloud, MN 56301

Email: mary.mulbah@isd742.org

Website: <https://hotline.mnabe.org/display/site/195>

Classes offered: ESL (English as a Second Language)

Phone: (320) 370-8220

September to May

Saint Cloud - Quarryview Education Center

Waite Park, MN 56387

Email: abe@isd742.org

Website: www.isd742.org/page/588

Classes offered: GED prep, ESL (English as a Second Language), Reading

Phone: (320) 370-8200

September to May

About us: Central MN ABE is a regional partnership between 26 school districts, including St. Cloud Area School District 742. Adult learners in these communities are served at numerous learning sites during daytime and evening class hours throughout the year. Central Minnesota ABE welcomes all adults, 17 or over, who are not currently enrolled in a regular school program.

If you can request your transcript from your previous high school, we will determine which classes are required for you to earn your diploma. Our teachers will work with you to assign the coursework that is required. You can also use a combination of GED tests, high school credits or life experiences. When you graduate, you will receive a diploma from a local high school (Tech or Apollo).

Call educational centers to verify seasonal offerings.

Saint Cloud – St. Cloud Technical & Community College

1540 Northway Drive
St. Cloud, MN 56303

Email: jean.borgmann@isd742.org

Website: <https://hotline.mnabe.org/display/site/522>

Classes offered: Math

Phone: (320) 650-3133

September to May

Sartell – Saint Stephen

850 19th St S
Sartell, MN 56377

Email: kristine.obrien@sartell.k12.mn.us

Website: www.sartell.k12.mn.us/communityed

Classes offered: GED prep and ESL (English as a Second Language)

Phone: (320) 253-4036

September to May

Sauk Rapids / Rice – Adult Basic Education

Career Force – Sauk Rapids / Rice Hillside Adult Education Center

30 4th Ave S
Sauk Rapids, MN 56379

Email: mag.patridge@isd47.org

Website: www.isd47.org/community/community-education/adult-edged

Classes offered: Adult Diploma, GED prep, ESL (English as a Second Language), English, Math, Reading, Computer, Career Development, Career Pathway – Health Care, Distance Learning.

Phone: (320) 258-1112

September to May

Child Care Available

Saint Joseph – Resurrection Lutheran Church

610 Cty Rd 2
St. Joseph, MN 56374

Website: <https://hotline.mnabe.org/display/site/663>

Classes Offered: Reading, Writing, Math, ESL (English as a Second Language)

Phone: (320) 370-8220

September to May

Waite Park - Quarryview

800 7th Street So.
Waite Park, MN 56387

Email: jean.borgmann@isd742.org

Website: www.isd742.org

About us: Adult Diploma, GED prep, ESL (English as a Second Language), Reading, Writing, Math, and Computer.

Phone: (320) 370-8200

September to May

GED - General Education Development

In Minnesota, individuals who do not have a high school diploma may be able to earn a state of Minnesota GED® Diploma by passing the GED test. The four tests in the GED battery measure academic competencies like many of those required of a Minnesota high school graduate. If you are 19 years old, do not already have a documented high school diploma, and are not currently enrolled in high school, you are eligible to take the GED® in Minnesota without an age waiver.

Information on obtaining your GED can be found at:

<https://education.mn.gov/MDE/fam/abe/ged/058091>

Driving Renewal Classes

NPS Services, LLC
Driving With Care

Phone: (320) 247-5541

St Cloud, MN 56303

Email: Through website

Hours: 7 days a week / 7:00 am – 7:00 pm

Website: <https://npsservicesstcloud.com/driving-with-care/>

About us: Driving with Care programs are nationally recognized education programs for DWI/DUI and underage offenders convicted of drinking and driving. DWC participants are required to take an active part in each session. Each session has exercises and work sheets to help participants apply the topics and material to their own situations. Attendance at each session is mandatory with the facilitator providing attendance feedback to the probation officer when necessary.

Driving With Care - Level 1

This 6-session, 12-hour DWI education program is for first time offenders who indicate minimal, if any, problems other than impaired driving, associated with alcohol or drug use, who have no prior offenses, no prior diagnosis of Substance Abuse or Substance Dependence, and no other problems related to AOD use or misuse. The focus of this protocol is to prevent DWI recidivism and future AOD related problems. (Includes the Driving with Care workbook).

Driving With Care - Level 2

This is a 12-session, 24-hour education program for offenders convicted of driving with a blood alcohol level beyond twice the legal limit and/or while under the influence of another drug. The program is built on the philosophy that offenders make changes in their actions by changing how they think. This program will give DWI offenders the knowledge and skills needed to change their thinking so they may change their actions and prevent future DWI's/DUI's. (Includes the Driving with Care workbook).

NPS provides easy enrollment via phone or text at (320) 247-5541, or via email completed through the Contact Us submission page on our site.

Professional Counseling Center
Driving With Care

DWC Level 1 Education
 Wednesdays at 4pm via Zoom
 6 sessions, one session weekly
 \$275 (includes workbook)

DWC Level 2 Education
 Wednesdays at 6pm via Zoom
 12 sessions, one session weekly
 \$390 (includes workbook)

To register for *Driving with Care* call (763) 972-6527

Professional Counseling Center offers both Levels I and II Driving with Care Educational courses. These are offered in a way that meet criteria for legal requirements, as well as providing a great deal of education to help prevent further issues with driving while intoxicated or under the influence. To make this more accessible, these classes are held live by a certified LADC instructor on an online platform. This means you don't have to have transportation to a class every week if you don't have your driver's license currently.

As this is a class, it is all self-pay and insurance does not cover this service.

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The IRS Volunteer Income Tax Assistance (VITA)

<https://irs.treasury.gov/freetaxprep/>

VITA sites offer free tax help to people who need assistance in preparing their own tax returns. Locate the site nearest you by visiting the IRS website and entering your zip code. Some restrictions apply.

Financial Services

Minnesota Cold Weather Rule

TRI-CAP

1210 23rd Avenue South,
Waite Park, MN 56387

Phone: (320) 251-1612 or (888) 765-5597

Website: <https://tricap.org/assistance/energy-assistance/>

Minnesota's Cold Weather Rule is in effect from October 1 through April 15 each year. The Cold Weather Rule protects residential utility customers from having your heat shut off if you make and keep an affordable payment plan with your utility provider.

The Cold Weather Rule applies to homeowners and renters who pay their own heat. Contrary to popular belief, the Cold Weather Rule is NOT a moratorium on utility disconnections. In order to keep your heat on or to reconnect your heat, you must contact your electric and/or natural gas company to make and keep a payment plan. Information about the Energy Assistance Program and the application is available on Tri-CAP's website on the Assistance/Energy page.

Budget Hacks from Experian

www.experian.com/blogs/ask-experian/how-to-budget-money-on-low-income/

Learn tips for creating and using a budget that can help you stay on top of your finances even when you have a low income.

Budgeting and Finance

Catholic Charities – Financial and Housing Counseling

Catholic Charities Emergency Services

157 Roosevelt Road, Suite 200

St. Cloud, MN 56301

Fax: (320) 253-7464

Email: financialcounseling@ccstcloud.org

Website: www.ccstcloud.org/services/financial-counseling

About us: If your bills have become too much to handle, Catholic Charities Financial and Housing Counseling may be able to help. Our financial counselors will help assess your situation, outline a plan, and set realistic financial goals.

We offer a managed checkbook service through Liberty Bank Minnesota where clients' funds are held in a protected "For the Benefit Of" account. We also offer management and balancing of clients' personal checkbook accounts. These accounts are managed by staff in coordination with the client to assure all monthly bills are paid, especially housing/rent; utilities and insurances.

Catholic Charities also offers financial education in a group setting. Topics include budgeting and savings strategies, building and managing credit, debt reduction, reverse mortgage basics and consumer protection. Contact Catholic Charities for more information.

Catholic Charities – Good Samaritan Fund

Good Samaritan Coordinator

Catholic Charities Emergency Services

157 Roosevelt Road, Suite 100

St. Cloud, MN 56301

Fax: (320) 229-4562

Email: info@ccstcloud.org

Website: www.ccstcloud.org/services/emergency/good-samaritan-fund

About us: The Good Samaritan Fund seeks to provide funding to individuals and families with verifiable emergency needs when other services or funds are unavailable. Funds may be approved for rent, damage deposit, utilities, medical expenses, childcare, transportation, and other critical needs. A referral is required.

*It is important to note that the Good Samaritan Fund is not a program of Catholic Charities; rather, Catholic Charities is the fiscal agent for the Good Samaritan Fund. Clients are encouraged to contact an agency that they are presently working with to discuss a possible referral to the Good Samaritan Fund.

SOCIAL SECURITY ADMINISTRATION

Email: Through Website

Website: www.ssa.gov/

About us: Social Security has provided financial protection for our nation's people for over 80 years. Chances are, you either receive Social Security benefits or know someone who does. Services include retirement, disability, and survivor's benefits.

Phone: (320) 650-1664

Hours: Mon – Fri 8:00 am -4:30 pm

Phone: (320) 229-4560

Hours: By appointment

Phone: (877) 405-1446

MilTax
Free Tax Services for the Military

Phone: (800) 342-9647

Website: www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services/

This tax season, start with MilTax from Military OneSource and the Department of Defense. MilTax free tax services include tax prep and e-filing software and personalized support that address the realities of military life – deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more.

MilTax preparation and e-filing software is available mid-January through mid-October. Powered by an industry-leading tax service provider, it's designed to address situations specific to the military.

Talk with MilTax consultants who understand military life. The sooner you file, the sooner you'll get your refund.

(For more Veteran Specific Services see Chapter 14.)

The Village Financial Resource Center

VRC - Alexandria

4133 Iowa St., Suite 105

Alexandria, MN 56308

Phone: (320) 762-8851

Fax: (651) 925-0057

VRC – St. Cloud

110 6th Ave. S., #100

St. Cloud, MN 56301

Phone: (320) 253-5930

Fax: (651) 925-0057

Office Hours: Mon: 8:00 am – 7:00 pm

Tues: 8:00 am – 6:00 pm

Wed: 8:00 am – 5:00 pm

Thurs: 8:00 am – 7:00 pm

Fri: 8:00 am – 1:00 pm

Sat and Sun: Closed

Phone: (800) 450-4019

Email: moneyhelp@thevillagefamily.org

Website: www.thevillagefamily.org/content/financial-resource-center

About us: The Village Financial Resource Center is a nonprofit community service organization that provides confidential financial guidance, including Consumer Credit Counseling Service (CCCS), money management education, budgeting advice and a debt management plan.

Whether you are buried in credit card or student loan debt, or just want to plan for the future, The Village has the tools you need to successfully execute your financial action plan. (A financial review may be covered by your employer's Employee Assistance Program.) For more information, or help in meeting your financial goals, call 1-800-450-4019, contact us online, or use our online financial counseling service.

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For information and legal representation contact:

- **Home Line** at 866-866-3546 or **website** at <https://homelinemn.org/>
- **Mid-Minnesota Legal Aid** at 320-253-0121 or **website** at <http://mylegalaid.org/>
- **LawHelpMN** at www.lawhelpmn.org/

Legal Services

Conflict Resolution Center**Phone:** (320) 308-6150151 8th Street South, Brown Hall 115K
St. Cloud, MN 56301**Office Hours:** Call or email to request a mediation**Email:** stcloud@crcminnesota.org**Website:** <http://crcminnesota.org/statewide-offices/stcloud/>

About us: Conflict Resolution Center St. Cloud offers voluntary, collaborative processes in which people work together with an impartial person to find solutions in a safe, confidential, and peaceful way. Mediators are trained to be neutral facilitators and will meet to help two or more parties talk about the conflict and look for mutually agreeable solutions. Conflict resolution processes give people the opportunity to work to resolve their differences together. Conflict resolution has worked for thousands of people, and it can work for you.

At the mediation session everyone has an opportunity to discuss the issues and share their views. This is an important step towards resolving the dispute. People are more satisfied with solutions they work together to create. Mediation encourages cooperation and understanding, focuses on maintaining relationships and helps people build stronger communities.

The advantages of mediation:

- All parties have a chance to be heard
- Neutral
- Confidential
- Low cost
- Relationship /Family

Types of mediation services:

- Neighborhood
- Small Business Customer
- Mediation in schools
- Restorative Justice
- Post-Divorce Parenting Time

Mid MN Legal Aid110 Sixth Avenue South, Suite 200
St. Cloud MN 56301**Office Hours:** Mon – Fri: 8:30 am – 4:30 pm**Email:** info@mylegalaid.org**Phone:** (320) 253-0121**Website:** <https://mylegalaid.org/>**Disability Line:** (800) 292-4150**Fax:** (320) 253-5794

About us: Our attorneys, staff, and volunteers handle civil legal matters for Minnesota's most vulnerable people for no charge. With expertise and compassion, we work to provide basic legal protections so our clients can achieve security, self-sufficiency, and access to opportunity. In addition to direct legal representation, we work with policy makers, advocating equal rights and equal protections under the law.

Legal Aid

Central MN Legal Services

110 6th Ave SE, Ste 205

St. Cloud, MN 56304

Fax: (320) 253-9208

Website: www.centramnlegal.org/

Phone: ((320) 253-0138

Office Hours: Mon-Thurs, 8:30 am – 4:30 pm

Fri, 8:30 am – 12:00 pm

About us: The mission of Central Minnesota Legal Services is to increase access to justice by providing high quality legal services to individuals experiencing poverty, challenging inequities, and empowering community members to participate in our civil legal system.

Our vision is for a society free from bias and systemic unfairness in which everyone is treated with dignity and respect and justice is readily available regardless of ability to pay.

CMLS helps eligible clients through direct representation, brief advice, and through participating in community legal education programs. CMNLS provides free legal help to low-income individuals and families to assist with civil legal issues and does not charge for legal services.

Department of Human Rights

St. Cloud City Hall

400 2nd St. S.

St. Cloud, MN 56301

Email: info.mdhr@state.mn.us

Website: www.ci.stcloud.mn.us/743/Human-Rights

Phone: (651) 539-1100

Office Hours: Mon - Fri, 8:00 a.m. - 4:30 pm

About us: Role of the Department: Investigators work with individuals who believe they have been discriminated against to determine if the Minnesota Department of Human Rights can help with their situation. If the Department can help, staff may recommend mediation or drafting a charge of discrimination.

If a charge is drafted, the Department conducts a neutral investigation. If the Department finds that discrimination occurred under the law, staff will work to settle the case. The Department can also refer the case to the Minnesota Attorney General for litigation.

Home Line – Tenant Legal Aid

8011 34th Ave S, Suite #126

Bloomington, MN 55425

Email: Through website

Website: <https://homelinemn.org/>

Phone: (612) 728-5767 or
(866) 866-3546

Office Hours: Call

About us: HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. We work to improve public and private policies relating to rental housing by involving affected tenants in the process.

For legal aid available in your county visit: <https://mylegalaid.org/>

Or call: (612) 332-1441

Residential Treatment

The respective intensity level, high (30 hours), medium (15 hours) or low (5 hours) must be provided based on actual count of continuous minutes of treatment service provided.

Dept of Human Services

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Central MN Inpatient Treatment

The “Rule 25” process has been the method for eligible people to access publicly paid SUD treatment services in Minnesota. This has been the only process for assessing eligibility for SUD services through counties, Tribes, and Managed Care Organizations (MCOs). This process has been in place since the late 1980s. In an effort to streamline this process, create improved access to services... the DHS Behavioral Health Division began a process of transitioning from this historical method to a “direct access model.” This model allows people a choice in provider, as well as allowing them to go directly to a provider in order to receive a “comprehensive assessment...” Effective July 1, 2022, comprehensive assessments will replace the Rule 25 assessments, and the Rule 25 process will no longer be available. Counties and Tribes will no longer be able to authorize treatment services using this process as of July 1, 2022.

MN DHS - Direct Access Update – 8-12-2020

Assessments

When you are ready to begin treatment, contact a treatment facility or an independent assessment agency to schedule an assessment. For a list of independent assessment agencies can be found at:

<http://chemicaldependencyevaluations.com/contactpage.html>

Inpatient Treatment Facilities

Maple Lake Recovery Center

Adolescent Male

High-intensity Residential

13 Years to 18 Years

207 Division St. East, PO Box 308

Maple Lake, Minnesota, 55358

Phone: (651) 338-3317

Fax: (320) 963-6279

Email: admissions@mlrecovery.org

Prairie House Recovery Center

Adolescent Female

High-Intensity Residential

13 Years to 18 Years

305 Prairie Road

Monticello, MN 55632

Phone: (651) 785-5647

Website: www.mlrecovery.org

About us: Maple Lake Recovery Centers consists of a 16-bed male residential facility and a separate 8-bed female residential facility at Prairie House Recovery Center for teens between the ages of 13-18 struggling with addiction and substance use disorders. These facilities provide an intimate, homelike, and safe atmosphere with a focus on addiction treatment, recovery, and sober living. A recovery environment is offered where kids can be challenged, growing in self-esteem and emotional maturity. It's a place they can reclaim their youth by becoming responsible young people.

Maple Lake and Prairie House Recovery Centers provide substance abuse recovery programs designed for adolescents ages 13-18. We combine professional clinical services with a 12-step foundation to help Minnesota teens and their families recover from alcohol and drug addictions. We offer a full range of adolescent recovery treatment services for substance abuse disorders including initial assessments, residential treatment and aftercare. Our focus remains on education, discipline and positive peer and staff interactions which allow clients to rediscover the wholesomeness of youth without using mood-altering chemicals.

Client surveys in 2020 reported: *

- 100% identified feeling cared for and supported during their stay
- 100% said they learned about addiction, healthy decision making and improved their family relationships
- 100% indicated that chemical dependency group and family sessions were helpful

*Results via Survey Monkey®

Our goal is simple: to help as many adolescents as possible recover from addiction and realize their dreams by developing the necessary skills to contribute to family, community, and the world. We continue to be recognized as a “provider of choice” for effective and unique adolescent substance abuse recovery services.

Maple Lake Recovery Centers provide effective co-occurring addiction treatment and recovery treatment services for Buffalo adolescent substance abuse disorders. Treatment for drugs and alcohol can include initial assessments, residential treatment, and aftercare.

A comprehensive assessment is a chemical health evaluation or chemical dependency assessment required in some situations to determine the level of care needed for your son or daughter, funding level, or state requirements for treatment.

Meridian - Bridge Recovery

1485 10th Ave. Northeast
Sauk Rapids, Minnesota, 56379

Email: carc@meridianprograms.com

Website: www.meridianprograms.com/program/bridge-recovery

Adult - Male

High Intensity - Residential

Phone: (320) 406-1850

About us: The 96 bed men’s residential facility has been specifically designed to foster a warm, calming, and supportive environment for men to heal from substance use disorder and mental health. This spacious facility holds a wide array of offerings to support both the clinical and wellness needs of each person.

The caring and tender staff at Bridge Recovery works with each person to design a personalized care plan that supports everyone’s individual journey to recovery. As each person that walks through the doors is different, and with different needs, the program is set up to support those differences, while working with a community to arrive at the common goal – the road to recovery. With so many supportive outlets available both during and outside of the 30 hours of weekly programming, Bridge Recovery is a great option for anyone looking to recover from active addiction and develop the skills that support a new, healthy way to live.

Meridian - New Beginnings

New Beginnings - Waverly – Men’s Location

109 N Shore Drive
Waverly, MN 55390

Fax: 651-256-6091

Adult – Male / Female

High Intensity - Residential

Phone: (763) 658-5800

New Beginnings at Waverly – Women’s Location

7300 Estes Avenue SW
Waverly, MN 55390

Fax: 651-256-6091

Phone: (877) 367-1715

Email: acessteam@meridianprograms.com

Website: <https://nbminnesota.com/>

About us: New Beginnings Minnesota offers full-service residential alcohol and drug recovery treatment for women and men of all levels of career/employment status, professional achievement, educational background and/or academic standing. Our residential treatment facility is located on the north shore of Lake Waverly and our program is designed for people who want to get away from outside influences to reflect and find serenity in a lakeside setting without distraction.

Our recovery program is based on a well-rounded balance of individual, group and family education sessions, peer support meetings, social activities, exercise, healthy meals, and alumni support. All of these are life lessons essential for successful addiction recovery following completion of treatment.

Licensed treatment facilities in Minnesota:

Website: www.minnesotahelp.info

**Momentum Center, LLC
Easthaven Half-way House**

1425 E. St. Germain
Saint Cloud, MN 56304

Phone: (320) 281-3727

Email: info@momentumctr.com

Website: www.momentumctr.com

**Adult – Male
Low Intensity - Residential
Co-Occurring**

Office Hours: Mon - Fri, 8:00 am to 5:00 pm
Sat and Sun, Closed

Referral needed

About us: The Momentum Center is a twelve-unit apartment complex, constructed in the summer of 2007. Each apartment consists of a sizeable living room, a fully equipped kitchen, two large bedrooms and a full bath. Three clients share an apartment, with two clients sharing a double room. The single room is based upon seniority within the apartment. The remaining units include a staff office area, therapeutic recreation area, a group therapy room, in addition to an outside seating area.

Momentum Center clients are required to purchase their own groceries using the Momentum Center Program's gift card policy, prepare regular meals for themselves, keep their apartments in an orderly fashion, and learn how to live in close quarters with other clients of the program.

Treatment services are provided on-site and clients must attend a minimum of five hours of treatment services on a weekly basis.

Momentum Center is designed to provide low intensity chemical dependency treatment in a residential, structured living environment. They provide an intermediate environment for a period of sixty to one hundred and fifty days between the medium to highly structured treatment center environment and the return to independent living within the community.

**Nystrom & Associates, LTD.
Big Lake - Residential**

19580 Station St. NW
Big Lake, MN 55309

Phone: (763) 309-2021

Email: info@nystromtreatment.com

Website: www.nystromtreatment.com

**Adult Male / Female
Medium & High Intensity - Residential
Co-Occurring**

Hours: Mon – Thurs, 7:00 am – 8:00 pm
Fri – 7:00 am – 5:00 pm

About us: Nystrom Residential Treatment is an in-patient treatment center for substance use and mental health. Our 54-bed residential facility has been designed to provide SUD and Co-Occurring services to men and women over 18 years of age.

We help adult individuals in their recovery process by providing a safe, stable environment that is clinically managed with Licensed Alcohol and Drug Counselors, nursing staff, and mental health professionals. We offer two levels of residential care for adult men and adult women suffering from co-occurring mental health and substance use disorders.

Our Medium-Intensity Residential Services provide 24-hour living support and structure with available trained personnel and offers at least 15 hours of clinical service a week. And our High-Intensity Residential Services provide 24-hour care and offers 30 hours of clinical services a week.

Our focus is on stabilizing the current severity and preparing clients to continue treatment in less intensive levels of care. The length of stay is determined by the severity of the illness and the response to treatment.

St. Cloud Hospital/Clara's House

1572 County Road 134
Saint Cloud, Minnesota, 56303

Phone: (320) 229-4996

Fax: (320) 229-5009

Email: Through website

Website: www.centracare.com/locations/centracare-recovery-plus-adolescent-residential-/?L=true

Adolescent Male / Female

13 years – 18 years
High Intensity - Residential
Co-Occurring

About us: Opened in July 2013, the adolescent residential facility is a 15-bed residential facility adjacent to CentraCare - St. Cloud Hospital Clara's House to serve adolescents with alcohol and substance abuse problems who also have other mental health issues. This is the only facility in Central Minnesota that provides dual treatment.

Our residential site is a 15-bed co-occurring program for males and females. All private rooms. Programming is separated by gender and individualized for each client. Typical length of stay is between 6-8 weeks but varies based on client needs.

Clara's House is a Partial Hospitalization Program for children and adolescents ages 13-18 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.

SUD Assessments (chemical dependency evaluations available).

Call or visit our website for more information.

**Central Minnesota Mental Health Center (CMMHC)
Prevention 4 Teens (P4T)**

Website: www.cmmhc.org

Buffalo Office:

308 12th Avenue South
Buffalo, MN 55313

Phone: (763) 682-4400

Fax: (763) 682-1353

Monticello Office:

407 Washington Street,
Monticello, MN 55362

Phone: (763) 295-4001

Fax: (763) 295-5086

About us: Prevention 4 Teens (P4T) is an education-based substance use prevention program for youth ages 12-18 who are experiencing problems associated with alcohol or other drug use but do not meet diagnostic criteria for substance use disorder or more formal interventions.

Available in Buffalo and Monticello, P4T provides education, support and guidance for teens and their parents through two sessions with a counselor. The fee for this class is \$100 and must be paid in full prior to the class.

Teen Challenge – Lakeside Academy

100 Garrison Ave. NE

Buffalo, MN 55313

Fax: (855) 894-0427

Email: caleb.kari@mntc.org

Website: <https://boysteenchallenge.mntc.org>

Adolescent – Male

14 years – 18 years

Medium & High-Intensity - Residential

Co-Occurring

Phone: (844) 768-8336

About us: Lakeside Academy is a Christian Behavior and Recovery Center for boys 14-18 years old, who are heading down the wrong path due to substance use, anger management, and other behavioral issues. Set on 48 acres in Buffalo, MN, Lakeside Academy offers a 4-level behavior rehabilitation program, plus licensed chemical dependency treatment, mental health services, and onsite education including conventional, online, and project-based learning — all in a camp environment. The length of service is determined by the results of the initial assessment.

Our program integrates opportunities to learn and grow in faith into everything we do. From our adventure activities to our focus on excellence in academics we seek to foster our students' understanding of themselves, their faith journey, and others. Our program is created to encourage an attitude of appreciation, gratitude, responsibility, respect for authority, self-control, leadership, time-management, and a strong work ethic. Call or visit our website for more information.

Village Ranch

Village Ranch – Annandale

Females: 12 years – 18 years

380 Annandale Blvd

Annandale, MN 55302

Adolescent - Male and Female

12 years-18 years

High Intensity - Behavioral / Residential

Co-Occurring

Phone: (320) 286-2922

Fax: (320) 286-2875

Email: Through website

Website: www.villageranch.com/

Village Ranch – Cokato

Males: 12 years – 18 years

13637 60th St SW

Cokato, MN 55321

About us: Our residents are referred through the county. While in residential care, we work toward the goal of returning boys and girls to their homes and help adolescents who are struggling with a range of mental health and behavior issues like oppositional defiant and conduct disorder, attention deficit hyperactivity disorder (ADHD), depression and anxiety, bipolar and mood disorders, and mild chemical dependency.

Our residential care includes:

- Onsite individual, group and family therapy to address specific behaviors
- Programming that includes social skills and anger management
- Trauma-Informed Care
- Evidence-Based Practices e.g. Cognitive Behavior Therapy (CBT)
- Opportunity to complete court-ordered community service
- The option to attend school on site or at a local school
- Religion education (optional)
- Chemical dependency counseling

Call or visit our website for more information.

WINGS Adolescent Treatment Center

Co-Occurring

1326 E. Ripley Street

Litchfield, MN 55355

Email: info@wingsats.com

Website: <http://wingsats.com/>

Adolescent - Male / Female

13 years - 18 years

High Intensity - Residential

Phone: (320) 593-0440

Fax: (320) 593-0442

About us: WINGS is a residential treatment program for adolescents ages 13 through 18. We are located in Litchfield, MN and serve clients in need throughout the state. We can accommodate 20 residents (10 male and 10 female). The average length of stay for our clients ranges from 80-100 days and is tailored to meet the needs of each individual client. WINGS is licensed through the MN Department of Human Services. Our program offers services to address clients' chemical health, co-occurring mental health, and educational needs.

Chemical dependency affects every aspect of a person's life. Therefore, everything we do at WINGS is a part of the treatment and rehabilitation process. Group therapy, individual counseling, lectures, and 12 step meetings are the most obvious parts of the process. But recreation time, daily chores, personal time, etc. are equally as significant.

Our goal is to provide our clients with the tools and understandings they need to live happy and purposeful lives in the mainstream. Consequently, recreation is more than just fun activities; it is also a time to learn how to interact with others appropriately, and how to have fun without the use of drugs and alcohol.

Daily chores are required to keep our facilities clean and in good order, but they are also an opportunity to learn personal responsibility, develop self-discipline, and experience pride in doing a job well. And, our daily schedule is more than a listing of times, it is also a vital element in helping our clients develop a daily routine and teaches them how to be respectful of others by practicing punctuality.

Recovery Center's "Rec" Center – Paynesville

Phone: (320) 243-1599

110 Washburne Ave

Paynesville, MN 56362

Call for Hours

About us: We take great pride in the strong recovery community in our small town. The Recovery "Rec" Center is available to clients and members of the community for free as a location to build social networks, engage in sober fun activities or simply get away and relax. The Rec Center offers several amenities including: electronic dartboards, pool table, foosball table, ping pong table, card playing table, yoga mats, weight system, chess board, beanbag toss boards, WII system with variety of games, movie watching, numerous board games, puzzles and craft items, exercise room with treadmill and recumbent bike. There is a desk area with computer & internet access to assist in seeking employment and other needs. There is a separate room supplied with toys for children, lounging furniture and TV (Amazon Prime Video/Netflix) that serves many purposes, i.e. child play area, private space for sponsors to meet or just a quiet place to relax. Local AA/NA meetings are held at the Rec Center every week. Call Recovery Centers for more information.

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Fast-Tracker

<https://fasttrackermn.org/>

The #1 resource for comparing treatment facilities with the added benefit of finding immediate openings for inpatient and outpatient services.

Central MN Outpatient Treatment



Recovery Community Network

Free peer-to-peer support services, public education, and advocacy.

Recovery Community Network (RCN) is an open door to the resources you need. They work with local organizations to bring you the most current information on services, local events, and opportunities within the recovery community. As a Recovery Community Organization (RCO) they seek to complete, not compete with recovery options and services.

RCN is committed to the advancement of peer-to-peer services. For those who have maintained a year of sobriety, they hold Recovery Coach Academy's for people in recovery to become Certified Peer Recovery Specialists. In office they have Certified Peer Recovery Specialists ready and waiting to assist you on your recovery journey at no cost to you. Their 1:1 peer support services are available, free of charge. Their staff meets you where you are and are educated in all pathways to recovery. They also provide connection for those in recovery through their Telephone, Text, or Online Recovery Service (TORS), providing daily or weekly check-ins. And, walk-ins are always welcome at RCN.

RCN is centrally located, metro transit friendly, and the home of recovery meetings every night of the week. Their meetings including AA, SMART, Al Anon, Sober Squad, All-Recovery, and Aftercare. For a complete list of meetings and times refer to page 81.

RCN provide all of this and more. Contact them at (320) 428-1887 or visit their website at www.recoverycommunitynetwork.com for more information.

Wellness In the Woods

Peer Support Connection MN Warmline (PSC) is a safe and free way for individuals to receive confidential and anonymous one on one peer support from trained Peers, Certified Peer Support Specialists, and Recovery Coaches. Unlike a hotline or crisis line, Warmlines provide early intervention with emotional support that can prevent a crisis from escalating. Our specialists are available from 5pm - 9am (7 days a week/365 days a year) and are waiting to take your call.

Call or text now at: 1-844-739-6369

5 Out-Patient Treatment Services

CMMHC
Central Minnesota Mental Health Center

Adult / Adolescent 12 yrs. – 18 yrs.
Male and Female
Co-Occurring

CMMHC – Buffalo

308 12th Ave. So.
Buffalo, MN 55313
Phone: (763) 682-4400
Fax: (763) 682-1353

Adult - Buffalo / Monticello / St. Cloud
Adolescent - Buffalo / Monticello

CMMHC – Monticello

407 Washington Street
Monticello, MN 55362
Phone: (763) 295-4001
Fax: (763) 295-5086

Email: Through website
Website: <https://cmmhc.org/about-us/locations/>

CMMHC – Saint Cloud

1321 13th Street North
St. Cloud, MN 56303
Phone: (320) 252-5010
Fax: (320) 252-0908

Office Hours: Tues. 7:30 am – 8:00 pm
Mon./Wed./Thurs. 7:30 am – 6:00 pm
Fri. 7:30 am – 12:30 pm,
Sat./Sun - Closed

About us: CMMHC provides Outpatient SUD Treatment Services to adults and adolescents with both chemical and mental health disorders. Treatment services for adults are available in St. Cloud, Buffalo, and Monticello, with additional programming specific to adolescents in Monticello. Our services emphasize evidence-based practice models which improve quality of life through the strategic integration of substance abuse and mental health services. CMMHC understands the unique intersect between mental health disorders and co-occurring substance use disorders and has providers who are highly skilled in the integrated treatment of co-occurring disorders. A multi-disciplinary team works with each individual and encourages family involvement.

In addition to our out-patient SUD treatment services, our St. Cloud Campus is also a provider of MAR services. These are available to clients ages 18 and up who are diagnosed with Opioid Use Disorder (OUD) and/or Alcohol Use Disorder (AUD) and have mild to moderate or persistent withdrawal symptoms, report difficulty managing OUD or AUD cravings, and or relapses through the use of Buprenorphine (Suboxone) and or other evidence-based medications to treat OUD or AUD. Please contact intake at 320-252-5010 for more information on this service.

Medication-Assisted Recovery (MAR) and Medication-Assisted Treatment (MAT) refers to managing the symptoms of withdrawal from addictive substances by using medication along with other essential components of recovery so that individuals can participate more fully in their recovery.

The overall goal of medication assisted treatment is to improve the quality of life of a client and help them gain freedom from illicit drugs.

Christian Family Solutions

44 Good Counsel Drive
Mankato, MN 56001

Phone: (800) 438-1772

Email: jsmith@wlcfs.org

Website: <https://christianfamilysolutions.org/locations/mankato/>

Adult - Male / Female Intensive Outpatient Program Co-Occurring

Office Hours: By appointment

About us: Sometimes a more intensive level of counseling care is needed than can be provided in a traditional outpatient counseling setting, which typically involves meeting one-on-one with a counselor, for about one hour per week. We work collaboratively with referring clinicians, medical professionals, and pastors to coordinate the best treatment plan for the client. And, when more care is needed, Intensive Outpatient Programs (IOPs) can provide a higher level of services.

The comprehensive nature of a higher level of care in an IOP program, along with a higher frequency of sessions, allows for improved client outcomes and creates the flexibility for clients to remain in the community and avoid in-patient, hospital-based programming. This will allow clients to continue working and living in their own homes during intensive treatment.

We integrate quality, evidence-based treatment with Christian faith principles as desired by the client. Research has shown that quality mental health treatment integrated with an individual's faith yields excellent, longer-lasting outcomes. Our programs also include supportive services for families and aftercare services following completion of the IOP program, depending on client needs.

Dual-Diagnosis / Intensive Outpatient is available.

Effective Living Center

Effective Living Center – St. Cloud

821 W St Germain St # 2
St Cloud, MN 56301

Phone: (320) 259-5381

Fax: (320) 259-6171

Adult - Male / Female Co-Occurring

Office Hours: Mon – Thurs: 8:00 am – 5:30 pm

Fri: 9:00 am – 5:00 pm

Sat and Sun: Closed

Effective Living Center – Little Falls

103 6th Street Northeast
Little Falls, MN 56345-2854

Phone: (320) 632-3166

Fax: (320) 632-3297

Email: Through Website

Website: www.effectivelivingcenter.com/

About us: Effective Living Center, Inc. is an outpatient co-occurring substance use disorders adult mental health treatment facility designed to serve the individual needs of adult male and female who are capable of continuing usual life activities while engaged in programming services.

Effective Living Center, Inc. believes behavioral health services should include all factors that will assist the individual and their family in dealing with social, psychological, physical, and spiritual aspects of substance using behavior. Therefore, a multi-disciplinary approach is utilized by our substance use and mental health care professionals, coupled with psychiatric nursing/medication management. Effective Living Center, Inc. believes treatment should occur in the community setting, making use of existing support systems in the treatment process.

Freedom Center

**Adult / Adolescent – Male / Female
Ages 13 and up
Co-Occurring**

Freedom Center – Princeton
105 6th Ave S
Princeton, Minnesota 55371

Freedom Center - Milaca
140 2nd Avenue NE
Milaca, Minnesota 56353

Office Hours: Mon – Fri: 9:00 am –6:00 pm
Sat and Sun: Closed

Freedom Center - Cambridge
133 2nd Avenue SW
Cambridge, Minnesota 55008

Phone: (763) 308-0006
Fax: (763) 631-0339
Website: <http://freedomcenterinc.org/>

About us: Freedom Center’s outpatient drug and alcohol addiction treatment services were developed to meet the need of our rural area and its families. They provide a comprehensive continuum of care to alcohol and/or drug abusing adults, adolescents, and their families.

Freedom Center’s treatment approach is based on experience and research that indicates chemical dependency and mental health disorders are chronic, primary, and progressive illnesses which can be managed. Their treatment provides an opportunity for the patient to discover and use the resources within themselves, and in their respective communities. The atmosphere and professional guidance assist in that process.

Our dedication to a continuum of care extends to our relapse prevention program which gives you the support and resources to maintain your sobriety. Relapse prevention classes are offered both during the day and evening to better accommodate individual schedules. Contact us for more information.

Healing Grace – Eagles Healing Nest

**Veterans - Male / Female
Intensive Outpatient**

310 US – 71
Sauk Centre, MN 56378
Phone: (320) 272-8989 Ext. 101
Email: tmorales@healinggracellc.org
Website: www.facebook.com/healing-grace-llc-108073494328465/

About us: Eagles Healing Nest is a non-profit organization committed to meeting the needs of our veterans, service members and their families who suffer from the invisible wounds of war. Healing Grace is their Intensive Outpatient Chemical Dependency program and is located on the beautiful grounds of The Eagles Healing Nest.

We are an Intensive Outpatient Chemical-Dependency Treatment Program that utilizes a Cognitive-Behavioral and Strengths-Based approach in providing services. We also utilize the Wellness Model in treating the whole self. Small group therapy sessions are a vital component to the treatment experience.

We provide a spacious, newly renovated, safe, and comfortable environment for our clients. This allows our clients the opportunity to learn effective recovery skills, and safely process emotions and experiences with their peers.

(For more Veteran Specific Services see Chapter 14.)

New Beginnings – Litchfield

114 N Holcombe Ave
Litchfield, MN 55305

Fax: (651) 647-9147

Email: acessteam@meridianprograms.com

Website: <https://nbminnesota.com/outpatient-treatment/>

Adult – Male and Female

Office Hours: Mon – Fri: 10:30 am – 8:30 pm
Fri, Sat, Sun: Closed

Phone: (320) 693-2461

About us: Our outpatient recovery centers provide quality treatment, lifetime recovery and personal care to help individuals get the support they need while remaining in the community. Clients can maintain family, work and personal commitments while attending treatment and pursuing their personal recovery goals.

Our program is group-based but focused on the needs and progress of the individual. Our programming is structured around a variety of evidenced based practices and effective treatment principles, such as those of the 12-Step program, Health Realization, Cognitive Behavioral Therapy, and Motivational Interviewing.

Many of our outpatient clients are stepping down from a more intensive level of care, while others are starting in an outpatient program. We serve clients who are new to the treatment experience, as well as those who have been to treatment before.

Length of time in treatment depends on a variety of circumstances that are unique to the individual, although clients may remain in our programs for 24 weeks or more. Once in our program, our clinical professionals will perform on-going assessments and provide referrals for additional service as needed. Contact us or visit our website for more information.

New Season

St. Cloud Metro Treatment Center

524 25Th Ave North

St. Cloud, MN 56303

Phone: (877) 284-7074

Fax: (320) 202-1910

Email: newseason@cmglp.com

Website: www.newseason.com/treatment-center-locations/minnesota/st-cloud-metro-treatment-center/

**Adult - Male / Female
Opioid Treatment**

Office Hours: Mon – Fri, 5:30 am – 2:00 pm
Sat 6:00 am – 10:00 am

About us: St. Cloud Metro Treatment Center provides opioid addiction treatment and recovery services in St. Cloud and surrounding areas including St. Augusta, Rockville, Cold Spring, Foley, Sauk Rapids, Becker, and St. Joseph. We provide outpatient services that include all of the services listed below in one affordable fee. Our team of opioid addiction specialists use the latest research to provide each patient with quality custom plans designed to support their recovery.

Our Services for Opioid Addiction Treatment:

- Medication-Assisted Treatment (MAT) - such as Methadone, Buprenorphine or Suboxone to address withdrawal symptoms and cravings
- Counseling: individual one-on-one, group, and family
- Medically supervised withdrawal
- Medical exams to ensure safety
- Convenient outpatient services

Call now to schedule your appointment.

New Freedom

3162 90th Ave and
1101 5th St N
Princeton, MN, 55371

Phone: (763) 220-5483

Email: assessments@northstarbhmn.com

Website: www.facebook.com/New-Freedom-Inc-273189276530708

Adult – Male / Female

Office Hours: Mon to Fri: 8:00 am – 4:30 pm
Sat and Sun: Closed

About us: We offer a program that helps individuals with drug or alcohol addiction. We assess a client's needs, develop planned interventions, provide services to help reduce or stop the substance use, coordinate services with other providers, and reassess the client on a regular basis. Contact us for more information.

Northstar Behavioral Health

600 25th Ave. S. Suite 207
St. Cloud, MN 56301

Phone: (651) 724-3314

Fax: (651) 488-0887

Email: assessments@northstarbhmn.com

Website: www.northstarbehavioralhealthmn.com/new-page-5

**Adult – Male / Female
Opioid Treatment**

Office Hours: Mon – Fri: 8:00 am – 4:00 pm

About us: Northstar Behavioral Health is comprised of both inpatient and outpatient treatment programs specializing in opioid dependence. We offer step down programming, and a flexible schedule. We are MAT (Medication Assisted Treatment) friendly. We partner with supportive housing and provide transportation support for qualified individuals.

NuWay – St. Cloud Counseling Center

1420 West St. Germain Street
Suite 104/105
St. Cloud, MN 56301

Phone: (320) 314-1200

Fax: (320) 314-1497

Email: stcloud.admissions@nuway.org

Website: www.nuway.org/treatment-services/outpatient-treatment-services/

**Adult – Male / Female
Intensive Outpatient
Co-Occurring**

Office Hours: Mon to Fri: 8:00 am – 4:30 pm
Sat and Sun: Closed

About us: NUWAY Counseling Center provides outpatient programming through twenty units of licensed co-occurring treatment per week. Programs incorporate evidenced-based morbidities, group and individual sessions, peer support, and transportation assistance.

NUWAY's intensive outpatient programs utilize the R.I.S.E. (Recovery In Supportive Environments) model of care by pairing IOP treatment with recovery residence support. NUWAY outpatient clients have the option to live in independently run recovery residences, located in the community of their choice, and have their housing program fees subsidized while they attend treatment.

NUWAY utilizes 80+ independent providers of sober living throughout the state. Recovery residence support a safe, supportive sober environment. All NUWAY programs are GLBTQIA+ safe and friendly, trauma informed and medication-assistance friendly. Contact us or visit our website for more information.

Nystrom & Associates

Email: Through Website

Nystrom & Associates - Sartell

101 Dehler Drive

Sartell, MN 56377

Phone: (320) 253-3512

Nystrom & Associates – Big Lake

207 Jefferson Blvd.

Big Lake, MN 55309

Phone: (763) 367-6080

Fax: (763) 263-7897

Website: www.nystromcounseling.com/our-locations/minnesota/

About us: Our Licensed Alcohol & Drug Counselors, Mental Health Professionals, and Psychiatry team work together to help patients work through substance use and co-occurring disorders. They also assist them in developing a strong recovery plan.

Initially, a Substance Use Disorder (SUD) Assessment will be used to determine the level of care that would be most beneficial. Based on those recommendations, you will be orientated to the appropriate level of care. Programming is made up of evidenced based practices including Motivational Interviewing, Brief Cognitive Behavioral Therapy (CBT), 12 Step Facilitation Therapy, Dialectical Behavioral Therapy (DBT) skills education, psychoeducation, group activities and interactive journaling assignments that are delivered through lectures, group counseling/discussion and individual counseling sessions.

Medicated Assisted Treatment (MAT) with Suboxone™ — is an option for patients with severe opiate use disorders.

Professional Counseling Centers

Wright One Plaza

7 Highway 55

Buffalo, MN 55313

Phone: (763) 682-2829 or (763) 972-6527

Fax: (763) 972-3965

Fax: (952) 925-3264 (Referrals)

Email: None

Website: <http://professionalcounselingcenters.com/>

About us: Buffalo PCC offers Intensive Supervision Program (ISP). The ISP program for those with 4 or more DUIs meets from 6:30 to 8:30 in Buffalo, by court and probation referral. Groups are in person at this point, but we pivot to virtual when the pandemic requires. We accept clients who are already on buprenorphine or methadone, as well as some who need buprenorphine or other addiction medicine services through Delano or St. Louis Park clinics.

**Adult – Male / Female
Outpatient & Intensive Outpatient
Co-Occurring / MAT**

Office Hours: Mon – Th 7:00 am – 9:00 pm

Fri – 7:00 am – 5:00 pm

Weekends – Phone hours only

Office Hours: M – Th 7:00 am – 8:00 pm

Fri – 7:00 am – 5:00 pm

Weekends – Phone hours only

**Adult – Male / Female
Intensive Supervised Program**

Office Hours: Tues – Fri: 6:00 am – 2:00 pm

Sat and Sun 6:00 am – 1:00 pm

Monday - Closed

Recovery Center

Recovery Center – Litchfield

503 E. Hwy 12 Ste 3
Litchfield, MN 55355
Phone: 320-593-1183
Fax: 320-593-1184

Recovery Center - Paynesville

109 Washburne Ave
Paynesville, MN 56362
Phone: (320) 243-1599
Fax: 320-243-1570

Adult – Male / Female Intensive Outpatient Co-Occurring

Email: mae@recoverycenterllc.org
Website: www.recoverycenterllc.org/

Office Hours: Mon: 12:00pm - 9:00pm
Tues and Fri: 9:00 am – 12:00 pm
Wed and Thurs: 9:00 am – 9:00 pm
Sat and Sun – By appointment

About us: Intensive outpatient treatment services are provided using the 12-Steps model and A New Direction created in partnership with the Minnesota Department of Corrections, is an evidence-based, cognitive-behavioral therapy (CBT) curriculum that treats addiction in criminal justice-involved clients and is proven to reduce recidivism. The curriculum helps clients identify the distorted thinking patterns at the root of their substance use disorder and criminal behavior. Each client is assessed, and services are created specific to the client needs with emphasis placed on co-occurring disorders, criminal and addictive thinking and relapse prevention.

Services are provided in individual, peer group and family settings. Groups are offered both day & evening in a variety of different levels to meet individual needs:

- High Intensity - 25 hrs / 5 days per week
- Regular Intensity - 9 hrs / 3 days per week
- Continuing Care - 3 hrs / 1 day per week
- Relapse Prevention – 6 hrs / 2 days per week

Contact us or visit our website for more information.

Recovery Center 2 – Paynesville

***See above for complete description**

109 James Street, MN 56362
Paynesville, MN 56362
Phone: 320-243-2120
Fax: 320-243-2393

Email: mae@recoverycenterllc.org
Website: www.recoverycenterllc.org/

Adult – Male / Female Intensive Outpatient Co-Occurring

Office Hours: Mon – Thurs: 9:00 am – 4:00 pm
Fri: 9:00 am – 12:00 pm
Saturday & Sunday - Closed

About us: Recovery Center 2 is SUD/CD Treatment Program owned by Recovery Center LLC and located one block from the main Recovery Center office. Recovery Center 2 offers all the same services as the main location but is limited to day programming hours only.

Recovery Center LLC is committed to providing high quality addiction treatment services with individualized care for each person that walks through our doors. Our expansion of Recovery Center 2 allows us to continue to serve the local community that we are dedicated to support and help meet the needs of those fighting addiction

St. Cloud Hospital/Addiction Services

3701 12th St. North
Suite 201 St. Cloud, MN 56303

Phone: (320) 229-3760

Email: Through website

Website: www.centracare.com/locations/centracare-st-cloud-hospital-addiction-services/

**Adult – Male/Female
High Intensity - Outpatient
Co-Occurring**

About us: - We treat chemical dependency and mental health diagnoses with an integrated approach. Our programs are designed for individuals experiencing the personal impact and negative consequences from alcohol or substance abuse. We understand the relationship between substance dependence or abuse and mental health issues and offer a dual diagnosis/integrated treatment approach in all of our outpatient services. Licensed Alcohol & Drug Counselors, Mental Health Professionals, and Mental Health Practitioners work together to assist patients in navigating through complex addiction and mental health concerns while developing a strong recovery plan.

Our adult services offer varying levels of intensive outpatient treatment and the length of all phases of treatment is variable based on patient's needs and risk levels. The program includes group and individual counseling, family involvement, intensity step-down, drug screening and after care programming.

Sobriety First

Sobriety First – St. Cloud

266 33rd Avenue South Ste. 10
St. Cloud, MN 56301

Phone: (320) 251-0035

Sobriety First – Monticello

313 West Broadway
Monticello, MN 55362

Phone: (320) 251-0035

Sobriety First – Milaca

210 Central Ave N, Ste 1
Milaca, MN 56353

Phone: (320) 251-0035

**Adult – Male / Female
Intensive Outpatient
Co-Occurring**

Office Hours: M – Th 7:00 am – 9:00 pm
Fri – 7:00 am – 5:00 pm
Weekends – Phone hours only

Website: www.sobrietyfirstllc.com

Email: Through Website

Sobriety First – Sauk Centre

520 4th St. S.
Sauk Centre, MN 56378

Phone: (320) 251-0035

About us: What makes Sobriety First unique from other outpatient treatment centers is our focus on integrating clients into a sober lifestyle. We feel by focusing on long term goals we will provide our clients with long term success. Clients who chose to participate will enjoy numerous sobriety focused events during their treatment episode.

Our Licensed Alcohol & Drug Counselors, Mental Health Professionals, and Psychiatry team work together to help patients work through substance use and co-occurring disorders. They also assist them in developing a strong recovery plan. Each client's treatment plan is specified to their needs and our goal is to provide them the best possible outcome.

We are 12-step based but also utilize CBT therapy and work closely with a Mental Health Service so that our clients get full range of care while with us. Day Group is 9am to 12pm and Evening Group is 6pm to 9pm.

State Approved Gambling Treatment Providers

Fairview Compulsive Gambling Program

2450 Riverside Ave
Minneapolis, MN 55454

Email: jessica.nelson-mitchell@fairview.org

Website: www.fairview.org/Overarching-Care/Behavioral-Health-Services/Compulsive-Gambling-Program

**Adults – Male / Female
Outpatient Program**

Gambling Assessments

Phone: (800) 468-3120

Freedom Center, Inc.

140 2nd Ave. NE
Milaca, MN 56353

And

105 6th Ave S.
Princeton, MN 55371

Email: naumann.cindi@gmail.com

Website: www.freedomcenterinc.org

**Adults – Male / Female
Gambling Assessments**

Phone: (763) 308-0006

Vinland National Services

675 NE Stinson Blvd #200
Minneapolis, MN 55413

Email: donr@vinlandcenter.org

Website: www.vinlandcenter.org/treatment-programs/outpatient-gambling-treatment/

**Adult – Male / Female
Outpatient Program**

Gambling Assessments

Phone: (763) 479-4882

Minnesota Helpline:

Phone: (800) 333-4673

Website: <https://mnapg.org/understanding-problem-gambling/>

About us: Minnesota's Problem Gambling Program, a division of the Minnesota Department of Human Services, funds inpatient and outpatient treatment, research, a resource library, public education and awareness efforts, in-service training; and a statewide, toll-free, confidential 24-hour helpline.

If you are concerned that gambling is becoming more than a game for you or someone you know, please contact us at 1-800-333-4673.

National Helpline:

Phone: (800) 522-4700

Website: www.ncpgambling.org/

The National Council on Problem Gambling operates the National Problem Gambling Helpline Network at 1-800-522-4700 where you can call and get support for a gambling problem. Help is available 24/7 and is 100 percent confidential.

Gambling help info from Minnesota Department of Human Services:

Website: <https://mn.gov/dhs/people-we-serve/adults/services/gambling-problems/programs-services/treatment-providers-gambling.jsp>

Fentanyl Test Strips

Fentanyl test strips (FTS) can detect the presence of fentanyl in any drug batch, including non-opioids. To learn more about FTS and where you can access them for free in Minnesota, please contact the MDH Drug Overdose Prevention Unit by email at health.drugodprev@state.mn.us

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Clean Needle Exchange by County

www.health.state.mn.us/people/syringe/counties/index.html

Overdose Prevention and Harm Reduction

In Minnesota, Harm Reduction is a recognized public health model that focuses on reducing the harms of active drug use, including reducing the spread of infectious diseases such as Hepatitis C and HIV, preventing wounds from injection drug use, and by recognizing that people use substances on a spectrum.

The [History of Harm Reduction in Minnesota](#) provides information on some of the first harm reduction programs in the state and highlights the work of a current grantee, Harm Reduction Sisters.

The State of Minnesota's Opioid Dashboard provides a wealth of information on opioid use, overdose, and prevention including more information on Harm Reduction. Visit their website to learn more: www.health.state.mn.us/communities/opioids/opioid-dashboard/index.html

Never Use Alone

Never Use Alone Hotline - (800) 484-3731: If you are going to use by yourself, call us. You will be asked for your first name, location, and the number you are calling from. An operator will stay on the line with you while you use. If you stop responding after using, the operator will notify emergency services of an "unresponsive person" at your location.

NUA Connection Line – (800) 943-0540: This new service is for people to call when they're struggling with a substance use disorder, and just need someone to talk to that has been there and understands. All operators have lived experience with SUD and can relate to what you're going through.

Naloxone Training and Fentanyl Test Strips

RAAN – Rural AIDS Action Network Harm Reduction

Free Narcan (naloxone) and 20 min. training on administering it at any RAAN location: St. Cloud, Mankato, Duluth, Moorhead, and Grand Rapids.

RAAN - St. Cloud

300 East St. Germain Street, Suite 220
St. Cloud, MN 56304

Phone: (320) 257-3036
(800) 966-9735

Website: <https://raan.org/free-narcan-naloxone-at-any-raan-location/>

About us: RAAN has reached out to partner with other agencies in developing our overdose prevention response. RAAN has made naloxone/Narcan kits available statewide for those who need them. Narcan is used for opiate overdose reversal. We provide training (about 20 minutes) for proper use with each kit. Narcan kits are provided at no charge, thanks to our partnership with Minnesota Department of Human Services and Valhalla Place.

HIV & Hepatitis C Testing

RAAN also provides free HIV & Hepatitis C testing. Both tests involve a simple fingerstick that is quick and relatively painless. Testing sessions are about 30 minutes with same day results.

Steve Rummler Hope Network Overdose Prevention

Training Locations:

Nystrom & Associates – St. Cloud Area

101 Dehler Drive
Sartell, MN 56377

Phone: (320) 314-4882

Nystrom & Associates - Cambridge

817 N Main Street NE
Cambridge, MN 55008

Phone: (763) 308-8664

Phone: (952) 943-3937 – **Steve Rummler Hope Network**

Email: hope@rummlerhope.org

Website: <https://steverummlerhopenetwork.org/what-we-do/naloxone-access-points/>

About us: The Steve Rummler HOPE Network has a designated on-staff trainer who provides naloxone training for organizations and individuals. This training covers basic naloxone pharmacology, recognizing overdose symptoms, and all administration types (IM, nasal and auto-injector).

The Steve Rummler HOPE Network distributes IM naloxone Overdose Preventions Kits free of charge. These kits contain three doses of intramuscular naloxone, and all the supplies necessary to administer it safely. We have network partners set up as Naloxone Access Points (NAPs) across the state to help improve the availability of this life-saving medication!

Fentanyl test strips (FTS) can detect the presence of fentanyl in any drug batch, including non-opioids. The Steve Rummler HOPE Network offers free fentanyl test strip kits, as well as informational resources, to encourage safe use practices and prevent overdose deaths.

Narcan/Naloxone Training HIV / Hep C Testing

NARCan / Naloxone Training Fentanyl Test Strips

Nystrom & Associates – Big Lake

207 Jefferson Boulevard
Big Lake, MN 55309

Phone: (763) 309-2021

St. Gabriel’s Hospital – Little Falls

815 2nd St SE
Little Falls, MN 56345

Phone: (320) 632-5441

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Smart Recovery is a popular alternative to a faith-based recovery and the 12-step model. SMART stands for Self-Management and Recovery and is a ‘science-based and self-empowered’ program. Many treatment centers now incorporate Smart Recovery into their programming. For more info visit: www.smartrecovery.org/

Recovery Meetings

12 STEPS OF RECOVERY

A twelve-step program incorporates the 12- step model founded by Alcoholics Anonymous founder Bill Wilson in 1938. It recognizes a faith in a higher power but doesn’t endorse one.

The Twelve Steps:

1. “We admitted we were powerless over alcohol — that our lives had become unmanageable.”
2. “Came to believe that a Power greater than ourselves could restore us to sanity.”
3. “Made a decision to turn our will and our lives over to the care of God as we understood Him.”
4. “Made a searching and fearless moral inventory of ourselves.”
5. “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”
6. “Were entirely ready to have God remove all these defects of character.”
7. “Humbly asked Him to remove our shortcomings.”
8. “Made a list of all persons we had harmed and became willing to make amends to them all.”
9. “Made direct amends to such people wherever possible, except when to do so would injure them or others.”
10. “Continued to take personal inventory and when we were wrong promptly admitted it.”
11. “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His Will for us and the power to carry that out.”
12. “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

The 12-step model, originally created for ‘alcoholics,’ has been broadened to treat a variety of other addictions. These include Narcotics Anonymous (NA), Gambler’s Anonymous (GA), Crystal Meth Anonymous (CMA), and Overeaters Anonymous (OA), just to name a few.

Evidence backs the effectiveness of the 12-step model and many recovery programs incorporate the 12-step model into their treatment while other’s have it as an option along with secular alternatives like SMART Recovery. For more information on AA or the twelve steps, visit www.aa.org.

Recovery Meetings

Al-Anon Family Groups

12-Step – Alcohol

The family or friend of an alcoholic support group

About us: Al-Anon is a mutual support program for people whose lives have been affected by someone else’s drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

For more information or to find a meeting:

Phone: (888) 425-2666

Phone app: Yes

Online Brick and Mortar and Virtual Meeting Finder: <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Alateen

12-Step - Alcohol

‘For Teens’ -friends and family of an alcoholic support group

About us: Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people 13 – 18 years of age whose lives have been affected by someone else’s substance use whether they are in your life or not. Alateen is a place where teenagers come together to share experiences, strength, and hope with each other to find effective ways to cope with problems. Alateen is not a place for teens seeking help for drinking or drug problems, or a social hang-out, or a therapy program, or forum to complain about parents or anyone else. Rather, Alateen is a place to discuss difficulties and encourage one another to help each other understand the principles of the Al-Anon Program using the Twelve Steps and Alateen’s Twelve Traditions. Currently there are no Brick-and-Mortar meetings available in Central Minnesota.

For more information or to find a meeting:

Phone: (888) 425-2666

Phone app for meetings: Yes

Virtual meeting finder website: <https://al-anon.org/newcomers/teen-corner-alateen/>

Closed Recovery Meetings

All meetings are considered closed meetings unless otherwise stated. Closed meetings are for either individuals in recovery or for those who have a desire to stop using their substance of choice.

Open Recovery Meetings

Open Meetings are available to anyone interested in attending a meeting whether they are in recovery, contemplating recovery, a student, a family member, a friend, etc, Non-addicts may attend open meetings as observers only.

Higher Power

A higher power in recovery may or may not be a religious being. It can be whatever concept is meaningful to the individual. The only condition is that it must be something that they recognize as stronger and has greater control than they do.

Alcoholics Anonymous

12 Step - Alcohol

About us: Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. A.A. utilizes Twelve Steps or a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

For more information or to find a meeting:

Phone: (320) 204-6005 (St. Cloud Intergroup) – 24-hour phone-line

Phone app available: Yes

Brick and mortar and virtual meeting finder website: www.aa.org/

All-Recovery

All Paths – All Addictions

About us: An alternative to the traditional 12-step recovery model, All-Recovery meetings are based on the idea that there are great benefits to bringing people together from multiple recovery pathways. All-Recovery acknowledges that each person's path is unique and honors all pathways to recovery including harm reduction, medication-assisted recovery, 12-steps programs, SMART Recovery, yoga, etc. – any pathway that helps someone find and sustain recovery.

Many individuals attend an All-Recovery meeting as an addition to their primary recovery meeting. The meetings are an opportunity for social support that focuses on the hope and healing found in recovery and to connect with others who are initiating and maintaining a recovery lifestyle.

For more information or to find a meeting:

Phone app available: No

Virtual meeting finder website: <https://minnesotarecovery.org/all-recovery-meetings/>

Celebrate Recovery

12-Step - Christian

About us: Celebrate Recovery is a Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind. It is a safe place to find community and freedom from the issues that are controlling our life. Celebrate Recovery is hosted by local churches, and many have Celebrate Recovery as a part of their small group formats.

For more information or to find a meeting:

Phone app available: Yes

Brick and mortar and virtual meeting finder website: www.celebraterecovery.com/

Gambler's Anonymous

12-Step - Gambling

About us: Gamblers Anonymous is an international fellowship of people who have a compulsive gambling problem. They meet regularly to share their "experiences, strength and hope", so they can help each other solve the problems compulsive gambling has created in their lives, and to help others recover from the addiction of compulsive gambling. The only requirement for membership is a desire to stop gambling,

For more information or to find a meeting:

Phone: (855) 222-5542

Phone app: Yes

Brick and mortar and virtual meeting finder website: www.gamblersanonymous.org/ga/

Life Recovery

12-Step - Christian

About us: Group is for those who have experienced the effects of sin and separation from God in their lives. This may be drugs, alcohol, overeating, pornography, or any of the other numerous ways people experience disconnection from God. Join others in this warm environment where an intentional focus on Christ is foundational to recovery utilizing the proven 12-step approach. Weekly meetings consist of a step-based teaching, a testimony, or medallion night.

For more information or to find a meeting:

Phone app available: Yes

Virtual meeting finder website: <https://liferecoverygroups.com/meetings>

Narcotics Anonymous

12-Step - Narcotics

About us: NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs.

We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion. There is only one requirement for membership; the desire to stop using.

For more information or to find a meeting:

Phone: (952) 939-3939

Phone app: Yes

Brick and mortar and virtual meeting finder website: www.na.org/meetingsearch/

Overeaters Anonymous

12-Step – Food Addiction

About us: A community of people who through shared experience, strength, and hope are recovering with unhealthy relationships with food and body image. We welcome everyone who feels they have a problem with food.

For more information or to find a meeting:

Phone app available: Yes

Brick and mortar and virtual meeting finder website: <https://oa.org/find-a-meeting/?type=0>

Sex addicts Anonymous

12-Step - Sexual Addiction

About us: Sex Addicts Anonymous is a twelve-step program founded in 1977 for people who want to stop their addictive sexual behavior. All inclusive, resource for men, women, LGBTQ, and those in correction facilities.

For more information or to find a meeting:

Phone: (800) 477-8191

Phone app: Yes

Brick and mortar and virtual meeting finder website: <https://saa-recovery.org/meetings/>

Simple Steps Addictions and Recovery – St. Cloud

Christian

About us: Simple Steps is a biblically based, Christ-centered recovery program, designed to rescue, recover, and restore those in addictive behaviors with the power found only in Jesus Christ. Simple Steps meets every Friday at 7 pm at 3686 County Road 8 SE St. Cloud MN 56304 at Northland Bible Baptist Church. All are welcome to attend, and transportation is available, if needed. Contact us for more information: **Phone:** 320-252-5677 or **Website:** www.northlandchurch.com/addictions.

Smart Recovery

Secular

About us: SMART Recovery is the leading self-empowering addiction recovery support group. Participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering science-based mutual help groups. SMART Recovery is often included at treatment centers as an alternative to 12-step meetings.

For more information or to find a meeting:

Phone: (440) 951-5357

Phone app: Yes

Brick and mortar/virtual meeting finder website: <https://meetings.smartrecovery.org/meetings>

Sober Squad

Native American

About us: Sober Squad began as a Native American meeting uniting a recovery community on the Mille Lacs Reservation. Its purpose is to empower and support individuals in recovery and to build healthier Native communities.

Today, there are around 3,800 current Sober Squad members between at least 13 chapters in cities across the state as well as a few groups in Wisconsin. Sober Squad incorporates Native spirituality including the practice of smudging. There are chapters in major cities like Brainerd, St. Cloud and the Twin Cities as well as on reservations. Many of their locations are not an exclusively Native American, but welcome all who are in recovery.

For more information or to find a meeting:

Phone: (320) 364-3610

Phone app: No

Brick and mortar meeting locator: <https://minnesotarecovery.org/events/sober-squad-meeting/2021-11-18/>

Wellbriety

12-Step - Native American

About us: Wellbriety is a national program that uses the Native American experience as its cornerstone and weekly meetings to talk about recovery, getting healthy and gaining understanding of our deeper meaning through tribal culture.

Using The Red Road to Wellbriety, a sobriety, recovery and wellness workbook for Native Americans written by Native Americans, the weekly Wellbriety meetings follow the teachings of the Native American Medicine Wheel and traditional 12-step programs like AA and NA. Currently there are no Wellbriety meetings available in Central MN except online.

For more information or to find a meeting:

Phone: (877) 871-1495

Phone app: Yes

Virtual meeting finder website: <http://whitebison.org/wellbriety-online-meetings/>

Recovery Community Network

For a listing of local events and meetings in St. Cloud and its surrounding areas.

Visit www.recoverycommunitynetwork.com

Recovery Community Network
Recovery Meetings:

- Sober Squad Sundays @ 4:00 pm
- AA – Spanish (Beg. 6/6) Mondays @ 7:30 pm
- Al Anon (Beginning 6/28) Tuesdays @ 7:00
- AA Meeting Wednesdays @ 6:30 pm
- Sober Squad Thursdays @ 7:00 pm
- SMART Recovery Thursdays @ 7:00 pm
- Aftercare Group Fridays @ 1:00 pm
- SMART Recovery Fridays @ 6:30 pm
- Woman’s All Recovery Fridays @ 7:00 pm
- Midtown AA Meeting Saturdays @ 7:00 pm

Location: Midtown Square Mall
3400 1st Street North, Suite 404
Saint Cloud, MN 56303
(4th floor of the office building attached to the mall)
Phone: (320) 428-1887
Email: recoverycommunitynetwork@gmail.com

More events and meetings can be found @
www.recoverycommunitynetwork.com

Wellness in the Woods

Virtual Peer Support Network – VPSN

VSPN is available on Zoom from 10 am to 4 pm daily. This is a safe, small group setting, and there is no pressure to participate. You are welcome to simply log on to check it out.

Join meetings by ZOOM or phone. Link to the meeting is available at <https://mnwitw.org/vpsn>

Central Minnesota Sexual Assault Center – Support Groups/ Education

15 Riverside Drive NE
Saint Cloud, MN 56304
Fax: (320) 251-4670
Email: cmsac@cmsac.org
Website: <https://cmsac.org/>

Phone: (320) 251-4357
or (800) 237-5090 – 24-hour hotline
Office Hours: Mon – Fri: 8:30 am – 4:30 pm
Sat – Sun: Closed

Women of Worth (WOW) Group

WOW is an empowering, female-responsive, and trauma-informed education/support group that addresses various topics relevant to women who have been involved in the sex trade. CMSAC uses the [Ending the Game](#) curriculum developed by Sowers Education Group. W.O.W. is a closed group (10 weekly sessions) that runs in cycles based on client demand.

Not A Number Group

Youth - Ages 12 - 18

Not a Number Group is a sex and labor exploitation/trafficking prevention education curriculum for youth ages 12-18 of all gender identities. This five-session curriculum can be implemented in middle and high school classrooms, treatment centers, residential programs, and community settings. The curriculum provides an interactive, age-appropriate program that addresses human trafficking, recruitment/grooming tactics, healthy relationships, skill-building to navigate risky situations, and encourages youth to identify healthy support systems and local resources.

Student Organizations

St. Cloud State University / St. Cloud Technical College “Recovery Resource Center”

Eastman Hall 127B/103
St. Cloud, Minnesota

Office Hours: 8:00 am – 4:30 pm
After-hours access available to members only

Phone: (320) 308-6119

Email: recovery@stcloudstate.edu

Facebook: www.facebook.com/SCSURECOVERY/community/

Website: www.stcloudstate.edu/reslife/communities

About us: The Recovery Resource Center supports St. Cloud State students who have struggled with substance misuse and addiction and are now committed to sobriety. We offer both a resource center and residential community for students in recovery that are committed to continuing their education.

The Recovery Resource Center (RRC), housed in the Center for Health and Wellness Innovation at Eastman Hall, provides a safe space and supportive community for students in recovery or seeking recovery from a substance use disorder. Participation at the RRC is completely voluntary and there is no barrier to entry. Students at any stage of recovery and at any point in their academic journeys are welcome.

Come hang out at RRC during our open hours, come to a support group meeting, attend a sober social event or just get in the loop about volunteer opportunities and upcoming activities. Recovery works and can be part of a genuine college experience.

In addition to the physical space at Eastman Hall, the RRC offers a Recovery Roommate Matching Program for students in recovery wanting to live on campus with other students who are in recovery. (*option for sophomores, juniors, and seniors or graduate students)

There are many benefits of membership which include extended access to the RRC, scholarship opportunities, sober social events on and off campus, access to coffee/snacks, printing, honor cords, and recovery medallions.

Students and community members can access the All Recovery and AA meetings virtually. Meetings are password protected to provide privacy. The groups offered are:

- Process Group (Topic Discussion + Check-in) - Mondays at 1 p.m.
- Campus AA Meeting - Tuesdays at 5 p.m.
- All Recovery Meeting - Wednesday at 1 p.m.
- STARS (Students Taking Action in Recovery + Service) Student Org Meeting held on Thursdays at 1 p.m.

Please reach out to recovery@stcloudstate.edu for the passwords to meetings.

Zoom Link to join the meetings is: <https://minnstate.zoom.us/j/94556705239>

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Veteran-Specific Services

Veteran Resource Enrichment Center

501 17th Ave North
St. Cloud, MN 56303

Phone: (320) 204-5660

Email: vrecmn@gmail.com

Facebook: www.facebook.com/Veteran.Resource.and.Enrichment.Center

Veteran, Military, Families

Office Hours: M/W - 12pm – 6pm

T/Th - 10am – 4pm

F/Sat/Sun - Closed

About us: V.R.E.C. provides a unique experience to Veterans and their family, by offering opportunities to connect and build camaraderie with other veterans. Through peer support, we will help bridge the gap by walking the path with you to overcome the difficulties life throws at you to achieve an enriched life.

We provide resources on lifestyle enhancements, well-being, recovery, housing, jobs, veteran county/state/federal benefits, etc. We also build positive programs to boost self-esteem, reduce anxiety, and empower Veterans and their family to enhance their lifestyle and assist in recovery. Contact us or visit our website for more information on what we can do for you.

Crisis Hotline

US Department of Veteran's Affairs (VA)

Phone: (800) 273-8255 and select 1

24-hour crisis response phone line

Call TTY if you have hearing loss (800) 799-4889 or text 838255

Veteran Specific Service Organizations

Adopt a Unit – VFW

9 18th Ave N
St. Cloud, MN 56301
Email: map@vfw.org

Website: www.vfw.org/community/troop-support

About Us: Our Military Assistance Program (MAP) is the outstretched hand between the local VFW and military community, offering support around the world. The Adopt-a-Unit program, provides VFW Posts and their Auxiliaries the opportunity to adopt hundreds of military units around the world. Adopt-a-Unit's goal is to develop supportive relationships with units before, during and after deployments to help deliver the vast network of resources the VFW has available to the military. If you are a service member or a Family Readiness Group leader interested in participating in this program, email us for more information,

Veteran and Military

Phone: (320) 251-9951
Hours: Daily 11 am to 12 am

Al Loehr Veterans & Community Studio Apartments

4055 12th St No.
St Cloud, MN 56303
Phone: (320) 202-3153

About us: Located adjacent to the beautiful and spacious St. Cloud Veteran's Administration grounds, Al Loehr features 60 unfurnished, 500 square foot studio apartments with an on-site caretaker and a part-time property manager. They provide a home-like environment for single adults, both men and women, who are either homeless or at risk to become homeless. It is also occupied by both veterans and civilians alike. The rental price is affordable and includes all utilities. Al Loehr is a chemical, alcohol, and smoke free environment and all residents will be screened to insure safe, clean, alcohol and chemical free living.

Veterans

Office Hours: Mon – Fri, 8:00 am – 4:00 pm

Section 8 accepted

Pets welcome

US Department of Veteran's Affairs (VA)

3400 1st St. N., Suite 404
St. Cloud, MN 56303

Phone: (320) 252-1670

Office Hours: Sun-Sat, 8:00 am – 6:00 pm

Website: www.va.gov

About us: If you're homeless or at risk of becoming homeless, the VA can help. They offer many programs and services, including assisting with temporary and long-term housing. They help Veterans who are homeless or at risk of becoming homeless due to financial hardship, unemployment, addiction, depression, or transition from jail. Contact one of their care coordinators to get help with immediate food and shelter needs, including both transitional and permanent housing. They also help with job training, life skills development, and education as well as justice system navigation and community reentry from jail as well as assist with addiction and mental health services.

Mobile Apps for Vets:

[Objective Zero](#) is a mobile app that helps Veterans connect to peer support, wellness, and mental health. For more information visit www.objectivezero.org/

Many other apps are available at the VA app store and can be accessed by visiting:

<https://mobile.va.gov/appstore/veterans?page=2>

AMVETS

Veteran and Military

VA Medical Center - Post 11

Adult Day Health Care

4801 Veterans Drive
St. Cloud, Minnesota 56303

Phone: (800) 698-2411

Meet: Every 3rd Tuesday @ 10:30 am

Albany Legion Club

Post 20

335 Golf View Drive
Albany, Minnesota 56307

Email: amvetsminn@gmail.com

Website: <https://mn-amvets.org/posts/>

Phone: (651) 293-1212

Meet: Call for times

About Us: As one of America’s leading veterans service organizations for more than 75 years, AMVETS has a proud history of assisting veterans and sponsoring numerous programs that serve our country and its citizens. Membership in AMVETS is open to anyone who honorably served, or currently serving, in the U.S. Armed Forces, including the National Guard and Reserves.

When it comes to helping our veterans, our AMVETS’ members really step up to the plate. Each Post has their own personality and it shows in their veterans’ outreach efforts.

At all levels, AMVETS has dedicated itself to shining a light on those veterans and service members who are at risk of ending their own lives. Together, our members form a passionate group to fight against and prevent veteran suicide through the Veterans’ Suicide Awareness Program.

The Red Cross – Veteran Services

Red Cross ‘Hero Care Center’ You can initiate a request for Red Cross emergency assistance for members of the military currently serving on active duty by using the online self-service tool. Using a computer, smartphone or tablet, you can start a request for services and track its progress from anywhere in the world.

Information to Have Ready

When contacting the Red Cross, be prepared to provide the following information (if you do not have all the information, please use the phone option):

- Full legal name
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security number or Date of Birth
- Military unit address
- Information about the deployed unit and home base unit (for deployed service members only)

Information about the emergency

- Name and contact for the immediate family member experiencing the emergency (could be spouse, parent, child/grandchild, or grandparent)
- Nature of the emergency
- Where the emergency can be verified (hospital, doctors office, funeral home)

To speak to a Red Cross Emergency Communications Specialist call: 1-877-272-7337.

Beyond the Yellow Ribbon

Beyond the Yellow Ribbon Central MN Warrior 2 Citizen

PO Box 113
Sartell, MN 56377
Phone: (320) 266-3649
Email: btyrw2c@gmail.com
Facebook:
www.facebook.com/btyrcentralmn/

Beyond the Yellow Ribbon Morrison County

15000 HWY 115
Little Falls, MN 56345
Phone: (320) 632-0290
Email: rachel.d.johnson@state.mn.us
Website:
<https://mnbtyr.ng.mil/Pages/default.aspx>

Veteran, Military, Families

Beyond the Yellow Ribbon Buffalo Chapter

Email: ldohrmann2@aol.com
Facebook: www.facebook.com/btyrbuffalo/

Beyond the Yellow Ribbon Meeker County

Family Services Center
114 North Holcombe Avenue
Suite 120
Litchfield, MN 55355
Phone: (320) 693-5445
Email: donald.dufner@co.meeker.mn.us
Website: www.co.meeker.mn.us/204/beyond-the-yellow-ribbon-program

About us: Beyond the Yellow Ribbon is a comprehensive program that connects military service members and their families with community support and resources. We do this by creating a community support network, coordinating local organization, and engaging the entire community.

We assist with employment assistance, chore assistance, (lawn care, snow removal, plumbing, etc.), prayer support, transportation, medical equipment, monetary assistance, money and debt management counseling and tax preparation services.

Eagles Healing Nest

310 US-71
Sauk Centre, MN 56378

Phone: (320) 351-6200

Fax: (320) 351-6202

Email: mbutler@eagleshealingnest.org

Website: <https://eagleshealingnest.org/>

General office hours: 8:00 am - 5:00 pm

EHN's Emergency line: 320-351-6200

Service to Veterans: 24 hours a day / 7 days a week

About us: We are a non-profit organization committed to meeting the needs of our veterans, service members and their families who suffer from the invisible wounds of war. Our entire team is committed to meeting those needs.

Many of our military are struggling and need programs with a caring hand to assist them. Eagle's Healing Nest will help foster purpose and direction. Our service member's families, who also serve our country, deserve the resources, support, and best treatment available. Eagle's Healing Nest provide this.

Harding Place

Veterans

26814 143rd Street
Pierz, MN 56364

Phone: (320) 277-3424

Office Hours: Mon – Fri, 8:00 am – 4:00 pm

Email: outreach@horizonhealthservices.com

Website: www.horizonhealthservices.org/harding-place

About us: Harding Place is an assisted living residence and comprehensive home care site for gentlemen. This site has a strong emphasis towards Veterans and is in Harding, MN. We offer many support services to these gentlemen with life challenges. This delightful home will keep any individual active, whether they want to participate in the daily activities and games or help tend the gardens. Harding Place is stretched over seven acres of land and provides a tranquil environment for those who live here. We can't wait to welcome you home!

CHAMPVA Health Insurance for dependents of 100% disabled Veterans

Phone: (800) 733-8387 or **Website:** <https://www.va.gov/health-care/family-caregiver-benefits/champva>

MACV - Minnesota Assistance Council for Veterans

Veteran

1542 Northway Drive, Door 2
St. Cloud MN 56303

Phone: (833) 222-6228

Email: mac-v@mac-v.org

Website: www.mac-v.org/

About us: Minnesota Assistance Council for Veterans (MACV) is a Veteran-focused nonprofit organization providing services and support to end Veteran homelessness in Minnesota. We envision a future where every Veteran and their family has access to sustainable housing.

We understand the reasons for Veteran homelessness and how these factors impact the people we serve. As Minnesota's largest nonprofit focused on ending Veteran homelessness, our services and programs empower Veterans by equipping them with the resources, know-how, and tools to create new opportunities. Our organization provides services, including housing, employment, and legal aid, that address the reasons for Veterans' homelessness to create sustainable housing opportunities.

Our community of connections creates a trusted network of organizations that offers services and resources for Veterans. We support every Veteran, wherever they are on their individual path, to find their home. MACV welcomes you!

Housing Benefits 101 - Veterans Housing program

Website: <https://mn.hb101.org/a/14>

Phone: (866) 333-2466

About us: If you are a veteran and are experiencing homelessness or need housing right away, there are federal, state, and nonprofit programs that can help you find temporary shelter or transitional housing. Call or visit website for more information.

MNme

**Minnesota Military and Veteran Exchange
& Project Got Your Back**

1650 West 82nd St, Suite 850

Minneapolis, MN 55431

Email: stcmnme@gmail.com

Website: <https://mnme.us/>

Veteran and Military

Phone: *Connect through email

About us: The Minnesota Military & Veterans Exchange (MNme) is a coalition and community with one simple goal: to come together to create a network and a consolidated hub of communication.

We make it easy to find what you need. There are hundreds of tools and organizations created to support those currently serving, prior service members, their families, and caregivers. So many, in fact, that it can be hard to know where to start looking. MNme raises awareness and provides organized, effective access to the resources available to the Minnesota military and veteran community. We strive to facilitate meaningful connections.

We focus on health, stability, and purpose. Whether you are currently in service, transitioning, retired, or a military family member, the MNme community is here for you. Our intent is to promote and support whole health in every person who is currently serving. We nurture minds, bodies, and spirits because we know that confidence in personal strength leads to embracing deep purpose. Together, we will help you achieve the life you deserve.

Military One Source

Phone: (800) 342-9647

Email: Online Chat

Website: www.militaryonesource.mil/

Veteran and Military

Hours: 24 hours a day / 7 days a week

About us: Military One Source is your connection to information, answers, and support when MilLife happens. We can help you overcome challenges, reach your goals, and thrive. As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. If we can't get you the answers you need, we'll connect you to someone who can.

A few of the ways we can help:

- Relationship counseling
- Non-medical counseling for stress relief
- Financial counseling
- Document translation
- Spouse scholarships, education and career benefits
- Childcare options
- Permanent change of station moves

Visit our website or contact us for more information.

**St. Cloud Technical College
Veteran Resource Center**

St. Cloud Technical & Community College
1540 Northway Drive, Room 1-328
St. Cloud, MN 56303

Phone: (320) 493-8153

Email: Jonah.maddox@state.mn.us

Website: www.sctcc.edu/veterans-services

About us: The Veterans Resource Center is a dedicated space for veterans, current service members, and dependents to find information and resources on a variety of subjects, such as benefits, employment, and community events. It provides a place for peer networking, studying, or just relaxing in between classes. The Student Veterans Organization also uses the space for meetings and events. The center is staffed by the MDVA Regional Coordinator and work study students.

Veterans & Military

Office Hours: Call for hours

Stand Down

724 33rd Ave No.
Saint Cloud, MN 56303
Phone: (320) 251-5521

Email: Through website

Website: <https://stcloudstanddown.com/>

Veterans

Office Hours: Mon – Thurs: 10:00 am – 2:00 pm
Fri – Sun: Closed

About us: St. Cloud StandDown, Inc. began in 1998, to serve as both a large one-day event to help homeless veterans, as well as a consistent organization to help homeless veterans across Central Minnesota or those leaving the VA or other help centers.

StandDown assists male and female homeless or in need vets in St. Cloud and the surrounding area with resources and merchandise free of charge.

The St. Cloud StandDown location consists of multiple operations, all providing complimentary resources and services to Veterans including a StandDown Warehouse, Lady Veterans Boutique, Clifford Beck Veteran Resource Center and the Gentlemen’s Quarters Barbershop.

Every veteran, regardless of age, gender, creed, or need, is welcome to come to St. Cloud StandDown. Monday through Thursday, 10 AM – 2 PM, we have Veterans and volunteers here who are willing to listen to you, chat with you, or provide advice.

Our goal is to be the resource you need. The VA can heal you, but we can get your boots on the ground afterward. We’re your first stop for:

- dry socks and a pair of boots
- a warm shower
- a hot meal
- a path to an apartment or homeownership
- advice on where to find work
- mentoring
- legal assistance
- meeting space
- haircut
- basic nail care
- camaraderie

We help hundreds of Veterans every year. We’ve been here since 1998. If you need help, we’ll always be here – for you.

US Department of Veteran’s Affairs (VA)

3400 1st St. N., Suite 404

St. Cloud, Minnesota

Website: www.va.gov

Veterans and Military

Office Hours: Sun-Sat, 8:00 am – 6:00 pm

Phone: (320) 252-1670

About us: We help veterans who are homeless or at risk of becoming homeless due to financial hardship, unemployment, addiction, depression, or transition from jail. Contact one of our care coordinators to get help with:

- Immediate food and shelter needs, including both transitional and permanent housing
- Job training, life skills development, and education
- Justice system navigation and community reentry from jail
- Financial support to prevent homelessness
- Addiction and depression treatment
- Health and dental care

The VA provides primary care and specialty health services for veterans, including mental health care, cardiology, dentistry, women’s health care, and more. They provide programs and services for homeless veterans, minority veterans, LGBTQ+ veterans, PTSD, mental health, adaptive sports and special events and VA outreach events.

Wounded Warrior

21175 County Road 1

Emily, MN 56447

Email: info@homelessandwoundedwarriors-mn.org

Website: www.woundedwarriorproject.org/

Veterans and Military

Phone: (888) 997-2586

About us: Every warrior has unique challenges and goals. That’s why we provide a variety of veteran programs and services to help you take the steps that are right for you. What’s more, thanks to the tremendous support of our donors, you never pay a penny to get the help you need to build the future you deserve.

A sample of services we provide:

- Adaptive sports
- Benefit services
- Combat stress recovery
- Family support
- Financial education
- Independence program
- Mental wellness
- Physical wellness and health
- Peer support groups
- Warriors to work – Employment program

Call or visit our website for more information and a complete listing of what we offer.

County Veterans Service Office

Veteran Services Officers (VSOs) to be your advocate for veteran related issues and assists you through the process of applying for federal, state, and county veteran benefits. VSO's help service members, veterans, and their dependents to navigate the Veterans Administration benefits system with applying for VA healthcare, filing claims, such as compensation, pension, or burial benefits. We can also help with applying for financial assistance (state grants), obtaining DD214/discharge papers, provide veteran resources/organizations, and more. If you have a veteran related question, don't hesitate to contact your local Veteran Service Office.

Benton County Veteran's Services

531 Dewey Street
Foley, MN 56329

Phone: (320) 968-5044

Fax: 320-968-5329

Email: veterans@co.benton.mn.us

Website: www.co.benton.mn.us/161/veterans-services

Veterans, Military, Families

Office Hours: Mon – Thurs, 7:00 am – 3:30 pm

Meeker County Veteran's Services

114 N Holcombe Ave # 120
Litchfield, MN 55355

Phone: (320) 693-5445

Email: donald.dufner@co.meeker.mn.us

Website: www.co.meeker.mn.us/198/veterans-service

Veterans, Military, Families

Office Hours: Mon – Fri, 8:00 am – 4:30 pm

Mille Lacs County Veteran's Services

525 2nd St SE,
Milaca, MN 56353

Phone: 320-983-8208 or 888-270-8208

Fax: 320-983-8306

Email: amy.dow@millelacs.mn.gov or taylor.tollefson@millelacs.mn.gov

Website: www.millelacs.mn.gov/2393/veterans-services

Veterans, Military, Families

Office Hours: Mon – Fri, 8:00 am – 4:30 pm

Morrison County Veteran's Services

213 1st Ave SE #27
Little Falls, MN 56345

Phone: 320-632-0290

Email: veterans@co.morrison.mn.us

Website: www.co.morrison.mn.us/217/veterans-service-office

Veterans, Military, Families

Office Hours: Mon – Fri – 8:00 am – 4:30 pm

Sherburne County Veteran's Services

13880 Business Ctr Dr NW, Suite 100
Elk River, MN 55330

Phone: 763-765-3000 or 800-433-5228

Email: veterans@co.sherburne.mn.us

Website: www.co.sherburne.mn.us/228/veterans-services

Veterans, Military, Families

Office Hours: Mon – Fri – 8:00 am – 4:30 pm

Stearns County Veteran's Services

3301 County Road 138

Waite Park, MN 56387

Phone: 320-656-6176

Fax: (320) 656-5257

Email: vetbenefits@co.stearns.mn.us

Website: www.stearnscountymn.gov/369/veteran-services

Veterans, Military, Families

Office Hours: Mon – Fri – 8:00 am - 4:30 pm

Walk-In Hours: Mon – Thurs 8 am - 11:00 am &
1 pm - 3:00 pm

Todd County Veteran's Services

347 Central Ave, Suite 5

Long Prairie MN 56347

Phone: (320) 732-6447

Email: pete.berscheit@co.todd.mn.us

Website: <https://www.co.todd.mn.us/divisions/veterans-services/>

Veterans, Military, Families

Office Hours: Mon – Fri – 8:00 am – 4:30 pm

Wright County Veteran's Services

10 2nd St. NW

Buffalo, MN 55313

Phone: (763) 682-7325

Email: vso@co.wright.mn.us

Website: www.co.wright.mn.us/218/veteran-services

Veterans, Military, Families

Office Hours: M-Th, 8:00 am – 4:30 pm

Salvation Army's Homeless Veteran's Program

400 US Highway 10 S

St. Cloud, MN

Phone: (320) 257-7429

Veteran's Case Manager

Website: <https://centralusa.salvationarmy.org/northern/stcloud/homeless-veterans-program/>

About us: The St. Cloud Salvation Army and the Department of Veteran Affairs have partnered to provide hope and help to homeless veterans since 2009 through the Veterans Grant & Per Diem (VGPD) program. Salvation Army has warm beds available for up to seven veterans. The program promotes sustained wellness and ultimately strives to find veterans permanent housing. Goals, which are determined by the veteran and an assigned Salvation Army case worker, may include:

- Recovery from addiction starting with 60 days of continuous sobriety
- Securing employment that adequately provides for basic needs
- Pursuing further education
- Participating in volunteerism
- Receiving ongoing outpatient care at the local Veteran Affairs Medical Center
- Reintegrating into society

While in the program, veterans must meet with their assigned case worker and follow the designated Salvation Army guidelines. Call or visit our website for more information.

Fast-Tracker<https://fasttrackermn.org/>

The #1 resource for comparing addiction/mental health facilities with the added benefit of finding immediate openings for inpatient and outpatient services.

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Co-Occurring/Addiction and Mental Health Services

4 County Mobile Crisis Team – Benton, Sherburne, Stearns, & Wright Central Minnesota Mental Health Center (CMMHC)

Phone: (320) 253-5555 or (800) 635-8008

24-hour crisis response team

Website: <https://cmmhc.org/services/crisis-response-team/>

Responders travel in private vehicles and generally arrive within 2 hours.

About us: The mobile Crisis Response Team (CRT) provides an array of community-based mental health crisis services to children and adults experiencing a mental health crisis. Our services are provided by mental health practitioners under the direct supervision of a mental health professional. The Crisis Response Team can travel to homes or community locations within **Benton, Sherburne, Stearns, and Wright counties** to help individuals in crisis cope with immediate stressors. The team can do suicide assessments, safety planning, coping skills education and make appropriate referrals. They also offer follow up stabilization services.

Crisis Response Teams Outside the Four-County Area

Meeker 1-800-432-8781

Morrison 1-800-462-5525

Mille Lacs 1-800-523-3333

Todd 1-800-462-5525

For additional counties visit: <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>

Co-occurring / Dual Diagnosis

When an individual is diagnosed with a substance use disorder and a mental health disorder, it is called a co-occurring disorder or dual diagnosis. Research indicates that about half of people living with alcohol or substance use disorders will develop one or more co-occurring mental health conditions in their lifetime.

Catholic Charities

911 18th St No

Saint Cloud MN 56303

Phone: (800) 830-8254 or (320) 650-1550

Email: info@ccstcloud.org

Website: www.ccstcloud.org/services/mental-health/hope-community-support

Office Hours: Mon – Fri: 8:00 am – 4:30

Sat and Sun: Closed

About us: Adults living with serious and persistent mental illness who do not receive Medical Assistance may qualify for Traditional Community Support Program Services through Catholic Charities HOPE Community Support Program.

Our program supports adults with mental illnesses as they cope with the challenges of daily living, assisting each client in achieving and maintaining his or her highest level of self-sufficiency.

Our services include:

- Community Outreach
- Medication Assistance and Education
- Support Groups for Clients & Families
- Assistance with Independent Living
- Crisis Assistance
- Service Coordination
- Job Support

Help and support in obtaining:

- Government Benefits
- Housing
- Medical Services
- Quality Mental Health Services
- Transportation, Advocacy

Adults living with mental illness or traumatic brain injury who receive Medical Assistance may qualify for the Adult Rehabilitative Mental Health Services (ARMHS) portion of Catholic Charities HOPE Community Support Program's services. These services enable the client to develop and enhance psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills.

The Traditional Community Support Program Services provided at Catholic Charities Hope Community Support accepts referrals from Benton & Stearns Counties. Mental health services are offered dependent upon the eligibility of the individuals. Contact us and we will help determine eligibility.

Our program supports adults with mental illnesses as they cope with the challenges of daily living, assisting each client in achieving and maintaining his or her highest level of self-sufficiency.

Minnesota Mental Health Center (CMMHC)

411 3rd St N

Waite Park, MN 56387

Phone: (800) 635-8008

Email: NA

Website: www.cmmhc.org

Office Hours: Tues. 7:30 am – 7 pm

Mon./Wed./Thurs. 7:30 am – 5:00 pm

Fri. 7:30 am – 5:00 pm, Sat./Sun - Closed

About us: CMMHC provides a wide variety of services addressing both mental health and chemical dependency including detox, inpatient, outpatient, and crisis services. Services offered include telehealth.

Lutheran Social Service

LSSMN – Saint Cloud

2835 W St. Germain St. #550

St. Cloud, MN 56301

Fax: (320) 251-8898

Email: stccounseling@lssmn.org

Website: www.lssmn.org/services/mental-health/locations

Phone: (320) 251-7700

Office Hours: Call for service hours

LSSMN - Sauk Centre

CentraCare Clinic

433 Elm St. N.

Sauk Centre, MN 56378

Email: alexandiracounseling@lssmn.org

Website: www.lssmn.org/services/mental-health/locations

Phone: (320) 762-5124

Office Hours: Call for service hours

About us: All our therapists provide high-quality care and treat every client with respect and compassion.

In addition to office-based therapy, several of our mental health skills providers can accommodate in-home services in their surrounding areas. We currently offer counseling appointments via Telehealth and phone and are providing in-home and community-based services where needed. Not all services are available in all areas. Contact us for more information.

THE VILLAGE

110 6th Ave So #100

St. Cloud, MN 56301

Fax: (651) 925-0057

Email: Through website

Website: www.thevillagefamily.org/content/st-cloud

Phone: (320) 253-5930

Office Hours: Mon & Thurs: 8:00 am to 7:00 pm

Tues: 8:00 am to 6:00 pm

Wed: 8:00 am to 5:00 pm

Fri: 8:00 am to 1:00 pm

About us: The Village's licensed professional counselors are trained to help adults dealing with a variety of behavioral health issues: depression and anxiety, anger management, grief and loss, relationship difficulties, addiction, eating disorders, divorce and more. In addition to individual mental health counseling, The Village provides therapy for relationship issues, and has a variety of group options.

EMDR Therapists

EMDR (Eye Movement Desensitization and Reprocessing) is an information processing therapy that helps clients cope with trauma, addictions, and phobias. During this treatment, the patient focuses on a specific thought, image, emotion, or sensation while simultaneously watching the therapist's finger or baton move in front of his or her eyes. The client is told to recognize what comes up for him/her when thinking of an image; then the client is told to let it go while doing bilateral stimulation.

Professionals provide EMDR therapy, eye movement desensitization and reprocessing and EMDR treatment include EMDR therapists, EMDR psychologists, EMDR psychotherapists, and EMDR counselors.

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Medically assisted detox facilities provide a "medically managed withdrawal" where drugs are administered to combat the side effects of withdrawal and allow time for the body to rid itself of toxins. They also manage the risks associated with sudden withdrawal.

State-wide Treatment Facilities

Intensive outpatient programs (IOP): IOP's are direct treatment services for people with substance use disorders or co-occurring disorders who do not require 24-hour supervision. IOP's are structured non-residential treatment programs that provide nine or more hours of treatment services a week, while still allowing the individual to maintain their responsibilities outside of treatment hours.

Residential or inpatient treatment facilities: Provide care and programming within a residential setting. Admittance into a residential facility is voluntary or court-ordered and facilities are not locked down. Each facility is unique in what they offer at their facility both in amenities and programming. Many offer a holistic approach to treatment or provide co-occurring/dual diagnosis services with the addition of mental health professionals.

'Co-occurring' and 'dual diagnoses' are terms often used interchangeably to denote the treatment of both a substance use disorder in conjunction with a mental health disorder. An integrated treatment approach is used to address both SUDs and other mental disorders concurrently. This approach can improve outcomes and quality of life for people with co-occurring disorders.

Medication-Assisted Treatment (MAT): According to the Substance Abuse and Mental Health Services Administration (SAMHSA), "the FDA has approved several different medications to treat alcohol and opioid use disorders. MAT medications relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body. Medications used for MAT are evidence-based treatment options and do not just substitute one drug for another." More information can be found on their website at www.samhsa.gov/medication-assisted-treatment

Substance Use Disorder: According to the National Institute of Mental Health (NIMH), "A substance use disorder (SUD) is a mental disorder that affects a person's brain and behavior, leading to a person's inability to control their use of substances such as legal or illegal drugs, alcohol, or medications. Symptoms can range from moderate to severe, with addiction being the most severe form of SUDs." More information can be found at: www.nimh.nih.gov/health/topics/substance-use-and-mental-health

Statewide Detox Facilities

AICDC Detoxification Center American Indian Community Development Corporation 1800 Chicago Ave. Minneapolis, MN 55404 Hennepin County Website: www.aicdc-mn.org/	Native American - Ages 18 and up Phone: (612) 879-3646
Brown County Evaluation Center, Inc. Detox Division 510 N Front St, New Ulm, MN 56073 Brown County Website: https://browncountydeto.com/	Ages 13 and up Phone: (507) 359-9111
Central Minnesota Receiving and Referral Center 1321 N 13th St Saint Cloud, MN 56303 Stearns County Website: https://cmmhc.org/services/detox/	Ages 12 and up Phone: (320) 252-6654
Clay County Receiving Center 715 N 11th St Suite 203 Moorhead, MN 56560 Clay County Website: https://claycountymn.gov/538/Detox-Center	Ages 18 and up Phone: (218) 299-5171
Duluth Detoxification Center 1402 E Superior St Duluth, MN 55805 St. Louis County Website: www.co.lake.mn.us/center-for-alcohol-and-drug-treatment-cadt/	Ages 13 and up Phone: (218) 723-8444
Gateway Recovery Center LLC 6775 CAHILL AVE Inver Grove Heights, MN 55076 Dakota County Website: www.gatewaydeto.com/	Ages 18 and up Phone: (651) 698-7358
Hazelden Center City 15251 Pleasant Valy Rd Center City, MN 55012 Chisago County Website: www.hazeldenbettyford.org/locations/center-city	Ages 18 and up Phone: (651) 213-4000
Hazelden Plymouth 11505 36th Ave N, Plymouth, MN 55441 Hennepin County Website: www.hazeldenbettyford.org/	Ages 14 and up Phone: (763) 509-3800

New Life Treatment Center

130 Dakota Street
Woodstock, MN 56186
Pipestone County

Website: www.newlifetreatment.com/

Ages 18 and up

Phone: (507) 777-4321

Northland Recovery Center

1215 SE 7th Ave
Grand Rapids, MN 55744
Itasca County

Website: www.northlandrecovery.com/

Ages 18 and up

Phone: (218) 327-1105

Pine Manors, Inc.

22195 State 34
Nevis, MN 56467
Hubbard County

Website: www.addiction-programs.net/directory/listing/pine-manor-inc-chemical-dependency-services

Ages 18 and up

Phone: (218) 732-4337

Project Turnabout

660 18th St
Granite Falls, MN 56241
Yellow Medicine County

Website: www.projectturnabout.org/

Ages 13 and up

Phone: (320) 564-4911

Ramsey County Detoxification Center

402 University Ave East
Saint Paul, MN 55130
Ramsey County

Website: www.ramseycounty.us/residents/health-medical/clinics-services/mental-health

Ages 13 and up

Phone: (651) 266-4009

Range Center Detoxification Service

626 13th St S PO Box 1047
Virginia, MN 55792
St. Louis County

Website: <https://sud.fasttrackermn.org/Clinic/Details?locationId=119>

Ages 13 and up

Phone: (218) 741-9120

Woodland Center

1125 SE 6th St
Willmar, MN 56201
Kandiyohi County

Website: www.woodlandcenters.com/

Ages 12 and up

Phone: (320) 235-4613

Zumbro Valley Health Center

Connections and Referral unit
343 Wood Lake Dr SE
Rochester, MN 55904
Olmsted County

Website: www.zvhc.org/connections-and-referral-unit-cru/

Ages 12 and up

Phone: (507) 535-5625

Check 'Fast Tracker' for current detox openings: <https://fasttrackermn.org/>

State-wide Substance Use Disorder (SUD) Treatment Facilities

A Way Out Recovery

Co-Occurring

1240 3rd Ave E, Ste 107, Shakopee, MN, 55379-1749

Website: <https://awayoutrecovery.com/>

Adult – Male

Intensive Outpatient

Phone: (952) 324-5146

Abria Recovery

Co-Occurring, MAT, Housing

13401 County Road 5, Burnsville, MN, 55337-2377

Website: www.abriarecovery.com/

Adult – Male / Female

Intensive Outpatient

Phone: (952) 406-8105

Access Healing Center LLC

Co-Occurring

2817 Anthony Ln S, Ste 310, St. Anthony, MN, 55418

Website: <https://accesshealingcenter.com/>

Adolescence – Ages 13 - 18, M / F

Culturally Tailored Outpatient

Phone: (612) 217-2863

Adira Woman’s Wellness Center, LLC

Housing

444 12th Ave N, South St. Paul, MN, 55075-1914

Website: www.adirawomenswellness.com/

Adult – Female

Intensive Outpatient

Phone: (651) 917-6247

Agape Counseling Center, LLC

305 9th St, Windom, MN, 56101

Website: www.facebook.com/Agape-Counseling-Center-LLC-362944407875593/

Adult – Male / Female

Outpatient

Phone: (507) 832-8033

Alliance Wellness Clinic, Inc

Co-Occurring, Housing

8040 Old Cedar Ave S, Ste 101, Bloomington, MN 55425

Website: www.alliancewellnesscenter.com/

Adult – Male / Female

Culturally Tailored Outpatient

Phone: (952) 992-9803

Allina Health

Co-Occurring, MAT

Outpatient: Mercy Hospital - Unity Campus

7590 Lyric Ln NE, Lyric Bldg, Fridley, MN, 55432

Website: <https://account.allinahealth.org/services/266>

Adult – Male / Female

Opioid Outpatient

Phone: (763) 236-4300

Alluma

Co-Occurring, MAT

603 Bruce St, Crookston, MN, 56716

1424 Central Ave NE, Ste 12, East Grand Forks, MN, 56721

Website: <https://allumacares.org/services/substance-use-services/>

Ages 10 and up – Male / Female

Outpatient

Phone: (218) 281-3940

Phone: (218) 281-3940

Amazing Grace Recovery Services

Co-Occurring, MAT, Housing

23671 Saint Francis Blvd NW, Ste 103

St. Francis, MN 55070

Website: <https://amazinggracerecoveryservices.com/>

Adult – Male / Female

Intensive Outpatient

Phone: (763) 753-6639

American Indian Family Center

Co-Occurring

579 Wells St, St. Paul, MN, 55130

Website: <https://aifcmn.org/services/recovery/>

Amherst H. Wilder Foundation

Co-Occurring

451 Lexington Pkwy N, St. Paul, MN, 55104

Website: www.wilder.org/what-we-offer/mental-health-wellness-services/adult-mental-health-recovery-services

Anchorage

Co-Occurring, MAT

Tomorrow LLC dba Anchorage

725 Center Ave, Ste 7, Moorhead, MN, 56560

Website: www.anchoragerecovery.net/

Anderson Jore Counseling

1749 SE 2nd Ave, Grand Rapids, MN, 55744

Website: <https://anderson-jore-counseling.business.site/>

Anew, LLC

Co-Occurring, Housing

Spence Specialties – Etna

445 Etna St, Ste 55, St. Paul, MN, 55106

Website: <https://anewchemicalhealthservices.org/>

Anthony Louis Center

On-Belay of MN - Co-Occurring

1000 Paul Pkwy NE, Blaine, MN, 55434-3925

1517 Highway 13 E, Burnsville, MN, 55337-2917

Website: www.anthonylouiscenter.com/

Applied Care Services

Co-Occurring

4710 White Bear Pkwy, Ste 100

White Bear Lake, MN 55110

Website: www.appliedcareservices.com/recovery-services

Arrowhead Center, Inc

Co-Occurring

1201 13th Ave W, Virginia, MN, 55792

505 S 12th Ave, Ste 1, Virginia, MN, 55792

Website: www.arrowheadcenterinc.org/

Ascertain Recovery Centre, LLC

Housing

413 Commercial Ave N, Sandstone, MN, 55072

Website: <https://ascertainrecovery.org>

Native American - Adult - Female

Culturally Tailored Outpatient

Phone: (651) 793-3803

Adult – Male / Female

Culturally Tailored Outpatient

Phone: (651) 280-2310

Adult – Male / Female

Intensive Outpatient

Phone: (218) 287-1500

Adult – Male / Female

Outpatient

Phone: (218) 326-9781

Adult – Female

Residential & Outpatient

Phone: (651) 600-3955

Adolescent - 13-18 years, M / F

Residential & Intensive Outpatient

Phone: (763) 757-2906

Phone: (952) 890-8879

Adult – Male / Female

Intensive Outpatient

Phone: (612) 205-5332

Adult & Adolescent - 13-18 years, M / F

Intensive Outpatient

Phone: (218) 749-2877

Phone: (218) 749-2877

Adult – Male / Female

Intensive Outpatient

Phone: (320) 245-9966

Avenues Recovery

Co-Occurring, Housing

2002 Suburban Ave, St. Paul, MN, 55119

Website: <https://avenuesrecovery.org/>

Adult – Male / Female

Intensive Outpatient

Phone: (651) 702-2700

Avivo

Co-Occurring, Housing, Single Mothers / Pregnant Women

1900 Chicago Ave, Minneapolis, MN, 55404

Website: <https://avivomn.org/>

Adult – Male / Female

Intensive Outpatient

Phone: (612) 752-8000

Bemidji Area Program for Recovery

403 4th St NW, Ste 300, Bemidji, MN, 56601

Website: www.bemidjiareaprogramforrecovery.com/

Adult – Male / Female

Intensive Outpatient

Phone: (218) 444-5155

Beth's Place

1606 30th Ave S, Ste 2

Moorhead, MN, 56560

Website: <https://bethsplacerecovery.com/services>

Adult – Male / Female
Partial Hospitalization & Intensive Outpatient

Phone: (701) 566-9965

A Better Connection

Co-Occurring

1009 Hollinger St, Park Rapids, MN, 56470

Website: www.abetterconnectioninc.com/

Adult – Male / Female

Intensive Outpatient

Phone: (218) 252-2785

Better Outlook

Co-Occurring, MAT

625 Hayward Ave N, Oakdale, MN, 55128

Website: <https://betteroutlookmn.com/>

Adult – Male / Female

Outpatient

Phone: (218) 251-6400

Break Through

Housing

2147 University Ave W, Ste 106, St. Paul, MN, 55114

Website: <http://btwellnesscenter.com/>

Adult – Male / Female

Intensive Outpatient

Phone: (612) 201-8111

Brighter Mission LLC

1900 Central Ave NE, Ste 108

Minneapolis, MN, 55418-4551

Website: <https://brightermision.org/>

Adult – Male / Female

Outpatient

Phone: (651) 347-8500

Canvas Health

Co-Occurring, Housing

7565 4th Ave, Circle Pines, MN, 55014-1068

5842 Old Main St, Ste 2, North Branch, MN, 55056

555 W Broadway, Ste 2 & 3, Forest Lake, MN, 55025

15230 Per Rd, Center City, MN, 55012-7726

7066 Stillwater Blvd N, Oakdale, MN, 55128

375 Orleans St E, Stillwater, MN, 55082

Adult – Male / Female

Intensive Outpatient

Phone: (651) 351-3140

Phone: (651) 401-3060

Phone: (651) 251-5220

Phone: (651) 777-5222

Phone: (651) 777-5222

Phone: (651) 430-2720

Canvas Health (cont.)

Co-Occurring, Housing

New Choices for Recovery Washington County Jail
14900 61st St N, Stillwater, MN, 55082

8451 E Point Douglas Rd S, Ste 300, Cottage Grove, MN, 55016

Website: www.canvashealth.org/

Adult – Male / Female

Intensive Outpatient

Phone: (651) 430-7930

Phone: (651) 777-5222

Care Crossing

Co-Occurring, MAT, Opioid/SUD

1605 Southcross Dr W, Ste B, Burnsville, MN, 55306

Website: www.carecrossings.com/

Adult – Male / Female

Intensive Outpatient

Phone: (952) 999-7820

Center for Alcohol & Drug Tmt (CADT)

Co-Occurring, MAT

Outpatient Treatment Facility

314 W Superior St, Ste 400, Duluth, MN, 55802

Howard Friese Hillside House

714 N 11th Ave E, Duluth, MN, 55805-1638

Center for Alcohol and Drug Treatment

1402 E Superior St, Duluth, MN, 55805

Howard Friese Lakeside House

1520 E 2nd St, Duluth, MN, 55812

Marty Mann House

2211 Greysolon Rd, Duluth, MN, 55812-2109

Website: <https://cadt.org/>

Adult – Male / Female

Residential & Intensive Outpatient

Phone: (218) 723-8444

Phone: (218) 723-8444

Phone: (218) 723-8444

Phone: (218) 723-8444

Phone: (218) 723-8444

Central Minnesota Mental Health Center

Co-Occurring, MAT, Housing

Focus 12 Halfway House

3220 8th St N, St. Cloud, MN, 56303

1321 13th St N, St. Cloud, MN, 56303-2614

407 Washington St, Monticello, MN, 55362

308 12th Ave S, Buffalo, MN, 55313

Website: <https://cmmhc.org/services>

Adult – Male / Female

Intensive Outpatient

Phone: (320) 252-2425

Phone: (320) 252-5010

Phone: (763) 295-4001

Phone: (763) 682-4400

Club Recovery, LLC

Co-Occurring

6550 York Ave S, Ste 620, Edina, MN, 55435

Website: <https://clubrecoveryllc.com/drug-addiction-treatment>

Adult – Male / Female

Intensive Outpatient

Phone: (952) 926-2526

Cochran Recovery Services, Inc. (Nuway)

Co-Occurring

1294 18th St E, Bldg 2, Hastings, MN, 55033-3680

Website: <http://detoxone.org>

Adult – Male / Female

Residential

Phone: (651) 437-4209

Common Ground

Co-Occurring, Housing

111 Hill St, Ste A, Red Wing, MN, 55066-2363

2227 7th St NW, Ste 100, Rochester, MN, 55901-0206

730 W Broadway St, Winona, MN, 55987-2703

174 Main St, Winona, MN, 55987-2859

Website: <http://commongroundmn.org/>

Adult – Male / Female

Male - Residential & Male / Female Intensive Outpatient

Phone: (507) 281-0023

Phone: (507) 281-0023

Phone: (507) 281-0023

Phone: (507) 453-0023

Comunidades Latinas Unidas En Servicio (CLUES)
Housing

720 E Lake St, Minneapolis, MN, 55407

797 7th St E, St. Paul, MN, 55106

Website: <https://clues.org/>

Adult – Male / Female

Spanish - Outpatient

Phone: (612) 746-3500

Phone: (651) 379-4200

Conceptual Counseling - Office

287 6th St E, St. Paul, MN, 55101 Phone: (651) 221-0334

Website: <https://conceptualcounseling.com/programs-related-services.html>

Adult – Male / Female

Outpatient

Cook County Public Health & Human Services

Co-Occurring

411 W 2nd St, County Courthouse, Grand Marais, MN, 55604

Website: www.co.cook.mn.us/

Adult – Male / Female

Intensive Outpatient

Phone: (218) 387-3620

Counseling Associates, LLC

Co-Occurring

111 Market St, Ste 4A, Winona, MN, 55987

Website: <https://winonacounseling.com/>

Adult – Male / Female

Outpatient

Phone: (507) 452-5033

Create, Inc

Co-Occurring, MAT

Corr. Fac. 1145 Shenandoah Ln N, Plymouth, MN, 55447

2200 E Franklin Ave, Ste 200A, Minneapolis, MN 55404

2428 E 117th St, Burnsville, MN, 55337

7275 147th St W, Ste 105, St. Paul, MN, 55124

Website: <https://createmn.org/services/>

Adult – Male / Female

Intensive Outpatient

Phone: (612) 874-9811

Phone: (612) 874-9811

Phone: (612) 874-9811

Phone: (612) 874-9811

Creceer Services, LLC

Co-Occurring, English or Spanish treatment

220 Robert St S, Ste 103, St. Paul, MN, 55107-1626

Website: www.creceservices.org/about-us

Adult – Male / Female

Intensive Outpatient

Phone: (651) 288-2824

Divine Hope Counseling, LLC

Co-Occurring

328 3rd St SW, Willmar, MN, 56201

Website: www.divinehopecounseling.com/

Ages 13 - Adult – Male / Female

Intensive Outpatient

Phone: (320) 231-9763

Drake Counseling Services, Inc

28579 US Highway 10
Detroit Lakes, MN, 56501

Website: www.drakecounselingservices.com/treatment-options

**Adult – Male / Female
Outpatient**

Phone: (218) 847-1329

Duluth Bethel Society, Inc.

Co-Occurring Housing

23 Mesaba Ave, Duluth, MN, 55806

Website: www.duluthbethel.org/services/

**Adult – Male / Female
Intensive Outpatient**

Phone: (218) 722-1724

East African Healing Services

Co-Occurring

2021 E Hennepin Ave, Ste 155, Minneapolis, MN, 55413

Website: www.eahsmn.org/

Adult – Male / Female

East African - Intensive Outpatient

Phone: (651) 330-6048

Effective Living center, Inc.

Co-Occurring

821 W Saint Germain St, St. Cloud, MN, 56301

103 6th St NE, Little Falls, MN, 56345

Website: www.effectivelivingcenter.com/services/treatment-programming

**Adult – Male / Female
Intensive Outpatient**

Phone: (320) 259-5381

Phone: (320) 632-3166

Elite Recovery, LLC

Co-Occurring, MAT, Housing

867 Grand Ave, Ste 5, St. Paul, MN, 55105

840 Grand Ave, St. Paul, MN, 55105

1137 Grand Ave, St. Paul, MN, 55105

Website: www.eliterecoverymn.com/

**Adult – Male / Female
Intensive Outpatient**

Phone: (612) 719-4137

Phone: (612) 719-4137

Phone: (612) 719-4137

Empower Recovery Services

Co-Occurring

645 3rd Ave SW, Pine City, MN, 55063

Website: www.empowerrecoveryservices.org/

**Adult – Male / Female
Intensive Outpatient**

Phone: (320) 629-0059

Empower CTC

Co-Occurring

602 11th Ave NW, Ste 300, Rochester, MN, 55901

848 17th St E, Ste 5, Wabasha, MN, 55981

Website: www.empowerctc.com/

**Adult – Male / Female
Intensive Outpatient**

Phone: (507) 292-1379

Phone: (507) 292-1379

Essentia Health

Co-Occurring

St. Joseph's – BMC, 523 N 3rd St, Brainerd, MN, 56401

Website: www.essentiahealth.org/services/behavioral-mental-health-services/

**Adult – Male / Female
Residential & Intensive Outpatient**

Phone: (218) 829-2861

Evergreen Recovery

Co-Occurring, MAT, Housing

1400 Energy Park Dr, Ste 21, St. Paul, MN, 55108

Website: <http://egrecovery.com/>

**Adult – Male / Female
Intensive Outpatient**

Phone: (651) 252-6070

Fairview Recovery Services

Co-Occurring

1230 School St NW, Elk River, MN, 55330

2960 Winnetka Ave N, Crystal, MN, 55427

3400 W 66th St, Ste 400, Edina, MN, 55435

20 Lake St N, Ste 210, Forest Lake, MN, 55025

1675 Beam Ave, Ste 200, Maplewood, MN, 55109

14500 Burnhaven Dr, Ste 125, Burnsville, MN, 55306

Website: www.fairview.org/

Adolescent & Adult – Male / Female

Intensive Outpatient

Phone: (800) 468-3120

Phone: (800) 468-3120

Phone: (800) 468-3120

Phone: (800) 468-3120

Phone: (800) 468-3120

Phone: (952) 892-2510

Faith Family Recovery Center, LLC

Christian

1303 S Frontage Rd, Ste 280, Hastings, MN, 55033

Website: <https://minnesotarecovery.org/resource/faith-family-recovery-center-of-maple-grove/>

Adult – Male / Female

Intensive Outpatient

Phone: (651) 437-1628

Family Revelations

16405 Haven Rd, Little Falls, MN, 56345-6400

Website: <https://familyrevelations.net>

Adult – Male / Female

Outpatient

Phone: (320) 639-2193

Fountain Ctrs - Mayo Clinic

Co-Occurring

101 Martin Luther King Jr Dr, Mankato, MN, 56001

2301 4th St NW, Faribault, MN, 55021

134 Southview St, Owatonna, MN, 55060

828 N North Ave, Fairmont, MN, 56031

4122 18th Ave NW, Cedarwood Mall, Rochester, MN, 55901

404 W Fountain St, Albert Lea, MN, 56007

101 14th St NW, Austin, MN, 55912

Website: www.mayoclinichealthsystem.org/locations/albert-lea/services-and-treatments/chemical-dependency-treatment

Adult & Adolescent – Male / Female

Intensive Outpatient

Phone: (507) 625-3372

Phone: (507) 334-6413

Phone: (507) 451-0511

Phone: (507) 238-4382

Phone: (507) 252-0818

Phone: (507) 377-6411

Phone: (507) 434-1890

Frazier Recovery Homes

Co-Occurring, Housing

1515 5th Ave S, Ste B, South St. Paul, MN, 55075-3453

Website: www.frazierrecoveryhomes.org/recovery-services

Adult – Male / Female

Intensive Outpatient

Phone: (651) 756-8460

Freedom Center

Adolescents, Ages 13 and up – Male / Female

105 6th Ave S, Princeton, MN, 55371-1819

Outpatient

140 2nd Ave NE, Milaca, MN, 56353-1671

Phone: (763) 308-0006

133 2nd Ave SW, Cambridge, MN, 55008-1552

Phone: (763) 308-0006

102 Crosier Dr, Onamia, MN, 56359-4512

Phone: (763) 308-0006

Website: <http://freedomcenterinc.org/services/chemical-dependency-treatment/>

Generations Recovery Services, LLC.
Culturally Tailored

220 Robert St S, Ste 104, St. Paul, MN, 55107

Website: <https://generationsrecovery.com/>

Adult – Male / Female
Outpatient

Phone: (651) 227-8224

Genesis Recovery Services, LLC
Co-Occurring, MAT

5 N 3rd Ave W, Ste 300, Duluth, MN, 55802

Website: www.grsduluth.com/services/

Adult – Male / Female
Intensive Outpatient

Phone: (218) 722-2368

Grace Counseling Services

21471 NE Ulysses St, Ste 300

East Bethel, MN, 55011

Adult – Male / Female
Outpatient

Phone: (763) 413-8838

Haven Chemical Health Systems
Co-Occurring, MAT

233 W 1st St, Waconia, MN, 55387-1302

235 1st Ave E, Shakopee, MN, 55379-1440

2042 Wooddale Dr, Ste 220, Woodbury, MN, 55125-4421

Janet's Residence 950 9th Ave, St Paul Park, MN, 55071-1436

Paul's Place - Adult Men

22355 Albatross Cir, Farmington, MN, 55024-9537

1003 Cloquet Ave, Ste 117, Cloquet, MN 55720-1649

Website: <https://havenchemicalhealth.com/>

Adult & Adolescent – Male / Female
Residential & Intensive Outpatient

Phone: (952) 442-6227

Phone: (952) 496-3366

Phone: (651) 734-9633

Phone: (651) 734-9633

Phone: (651) 463-2608

Phone: (218) 879-5545

Hazelden Betty Ford Foundation **Adult & Adolescence, 12-25 – Male / Female**
Co-Occurring **Residential & Intensive Outpatient**

7001 E Fish Lake Rd, Ste 120, Maple Grove, MN, 55311

Phone: (877) 867-9138

11505 36th Ave N, Plymouth, MN, 55441-2304

Phone: (877) 867-9138

1107 Hazeltine Blvd, Ste 300, Chaska, MN, 55318

Phone: (877) 867-9138

680 Stewart Ave, St. Paul, MN, 55102-4199

Phone: (877) 867-9138

15251 Pleasant Valley Rd, Center City, MN, 55012

Phone: (877) 867-9138

Website: www.hazeldenbettyford.org/treatment/models/outpatient

Healing Grace – EAGLE'S Healing Nest

310 Us 71 N

Sauk Centre, MN, 56378-4919

Website: www.facebook.com/Healing-Grace-LLC-108073494328465/

Adult – Male / Female
Intensive Outpatient

Phone: (320) 272-8989

Healthy Community Initiative (HCI)
Co-Occurring, MAT, Housing, Spanish/East African

Omada Behavioral Health Services

1651 Jefferson Pkwy, Ste 12B, Northfield, MN, 55057-2760

Website: <https://healthycommunityinitiative.org/>

Adult – Male / Female
Residential & Intensive Outpatient

Phone: (507) 664-9407

The Heights

Co-Occurring

1394 Jackson St
St. Paul, MN, 55117

Website: www.theheightsmn.org/

Hennepin Healthcare

Co-Occurring, MAT

Addiction Medicine Clinic
914 S 8th St, Ste S1.400, Minneapolis, MN, 55404

Website: www.hennepinhealthcare.org/

Hiawatha Valley

Mental Health Center (HVMHC)

Co-Occurring

420 E Sarnia Street, Winona, MN, 55987

221 S Kingston St, Caledonia, MN, 55921

Website: www.hvmhc.org/adult-services

Hope Counseling, LLC

Co-Occurring - East African

1903 Greeley St S, Stillwater, MN, 55082

Western Mental Health Center Chemical Dependency
101 Caring Way, Redwood Falls, MN, 56283-2624

818 Prentice St, Granite Falls, MN, 56241

Marshall Administrative and Clinical Offices
1212 E College Dr, Marshall, MN, 56258

Website: <https://hopecounselingllcmn.com/>

House of Hope, Inc.

Co-Occurring, Housing

1429 3rd Ave, Mankato, MN, 56001

12 Civic Center Plz, Ste 2116, Mankato, MN, 56001

299 Johnson Ave SW, Ste 280, Waseca, MN, 56093

Website: <https://houseofhopemn.com/>

Human Development Center

Co-Occurring, MAT, Housing

40 11th St, Cloquet, MN, 55720-1817

1401 E 1st St, Duluth, MN, 55805

325 11th Ave, Two Harbors, MN, 55616

Website: www.humandevelopmentcenter.org/programs/adult/

Adult – Female

Residential

Phone: (651) 207-1766

Adult – Male / Female

Intensive Outpatient

Phone: (612) 873-5566

Adolescents 9 – 18 &

Adult – Male / Female

Intensive Outpatient

Phone: (507) 454-4341

Phone: (507) 725-2022

Adult – Male / Female

Intensive Outpatient

Phone: (651) 214-0975

Phone: (507) 532-3236

Phone: (507) 532-3236

Phone: (507) 532-3236

Adult – Male / Female

Residential & Intensive Outpatient

Phone: (507) 625-4373

Phone: (507) 345-4670

Phone: (507) 385-7614

Adult – Male / Female

Intensive Outpatient

Phone: (218) 879-4559

Phone: (218) 728-4491

Phone: (218) 730-2387

Independent Management Services

Co-Occurring

226 W Clark St, Albert Lea, MN, 56007-2548

Website: www.imsomn.com/

Adult – Male / Female

Outpatient

Phone: (507) 437-6389

Indian Health Board of Minneapolis

MAT

2101 Minnehaha Ave, Minneapolis, MN, 55404

Website: www.indianhealthboard.com/clinics/counseling/

Adult – Male / Female

Native American - Outpatient

Phone: (612) 721-9845

Inspire Services

Co-Occurring

100 Oak Ave SW, Montgomery, MN, 56069-1243

922 Swift St, St. Peter, MN, 56082-1844

Website: www.inspireservicesllc.com/

Adult – Male / Female

Outpatient

Phone: (507) 364-5312

Phone: (507) 364-5312

Integrations Wellness & Recovery CTR

Co-Occurring

1135 Highway 7 W, Hutchinson, MN, 55350

Website: www.integrationsrecovery.org/

Adult – Male / Female

Intensive Outpatient

Phone: (320) 434-1312

Juel Fairbanks Recovery Services

Co-Occurring, Housing, Native American

806 Albert St N, St. Paul, MN, 55104

Website: <http://juelfairbanks.org/programs/residential-treatment/>

Adult – Male / Female

Residential - Intensive Outpatient

Phone: (651) 644-6204

Kai shin Treatment

MAT

1919 University Ave W, St. Paul, MN, 55104-3453

Website: <https://kaishinclinic.com/>

Adult – Male / Female

Outpatient

Phone: (651) 447-3755

Kato Project 3

Co-Occurring

380 Annandale Blvd, Annandale, MN, 55302

13637 60th St SW, Cokato, MN, 55321

501 Madison Ave, Mankato, MN, 56001

Website: <https://www.katoproject3.com/>

Adult & Adolescents, Ages 12-19– Male / Female

Intensive Outpatient

Phone: (507) 327-9890

Phone: (507) 327-9890

Phone: (507) 327-9890

Kingdom Pathways - Freedom House Outreach

Co-Occurring, Housing, Homeless Care

1088 University Ave W, St. Paul, MN, 55104

Website: www.kingdompathways.org/index.php

Adult – Male

Intensive Outpatient

Phone: (651) 387-8393

Lake Country Associates

11 NW Main St, Menahga, MN, 56464

Website: <https://lakecountryassociates.com/>

Adult – Male / Female

Intensive Outpatient

Phone: (218) 564-9229

Lakeland Mental Health Ctr

Co-Occurring

980 S Tower Rd, Fergus Falls, MN, 56537

Website: www.lmhc.org/chemical-health-services/

Adult & Adolescent– Male / Female

Intensive Outpatient

Phone: (218) 736-6987

Lakeland Recovery LLC

Co-Occurring

3427 Central Ave NE, Minneapolis, MN, 55418

Website: www.lakelandrec.com/

Adult – Male / Female

Outpatient

Phone: (612) 807-8243

Lakeplace Retreat Center, Inc

Co-Occurring, Housing

25704 County Road 338, Bovey, MN, 55709

Website: www.lakeplacecenter.com/

Adult – Male

Residential & Intensive Outpatient

Phone: (218) 245-1395

Lakes Counseling Center

1000 8th St SE

Detroit Lakes, MN, 56501

Website: <https://lakescounselingcenter.com/>

Adult & Adolescent– Male / Female

Outpatient

Phone: (218) 847-0696

Lakeview Behavioral Health

Co-Occurring, MAT

516 S Pokegama Ave, Grand Rapids, MN, 55744

2729 13th Ave E, Hibbing, MN, 55746-2314

Website: <https://lakeviewbh.com/>

Adult – Male / Female

Intensive Outpatient

Phone: (218) 327-2001

Phone: (218) 293-4789

Life Development Resources

Co-Occurring

7650 160th St W, Lakeville, MN, 55044

7580 160th St W, Lakeville, MN, 55044

Website: <https://lifedrs.com/>

Adult – Male / Female

Intensive Outpatient

Phone: (952) 898-1133

Phone: (952) 898-1133

Life Transformations, LLC

227 6th St N, Breckenridge, MN, 56520

Website: www.facebook.com/profile.php?id=100057411730747

Adult & Adolescent – Male / Female

Intensive Outpatient

Phone: (701) 640-8915

Living Free Recovery Services LLC

9201 75th Ave N, Brooklyn Park, MN, 55428-1024

Website: www.livingfreerecovery.org/outpatient-services

Adult – Male / Female

Intensive Outpatient

Phone: (763) 315-7170

Lone Wolf Recovery LLC

471 2nd St N, Winsted, MN, 55395

Website: <https://lonewolfrecovery.com/>

Adult & Adolescent– Male / Female

Intensive Outpatient

Phone: (320) 485-2323

The Lotus Center, Inc

Housing

1401 8th St S, Ste 3, Moorhead, MN, 56560-3606

Website: <http://thelotuscenterinc.org/about-us/>

Adult – Male / Female

Intensive Outpatient

Phone: (218) 284-1800

Lotus Recovery, LLC

1 Water St W, St. Paul, MN, 55107-2040

Website: www.lotusr.com/

**Adult – Male / Female
Outpatient**

Phone: (651) 703-3336

M Health Fairview

Co-Occurring

Fairview U of M Medical - West Bank Hospital
2450 Riverside Ave, Minneapolis, MN, 55454

**Adult – Male / Female
Intensive Outpatient**

Phone: (612) 273-8383

M Health Fairview St. Joseph's Hospital
45 10th St W, St. Paul, MN, 55102

Phone: (651) 232-3644

Fairview St. John's Hospital Chemical Dependency
1655 Beam Ave, Ste 207, Maplewood, MN, 55109

Phone: (651) 232-3644

Website: <https://mhealthfairview.org/treatments/substance-use-disorder-outpatient-treatment-program>

Mental Health Resources, INC

Co-Occurring

762 Transfer Rd, Ste 21, St. Paul, MN, 55114

**Adult – Male / Female
Outpatient**

Phone: (651) 659-2900

Website: www.mhresources.org/substance-use-disorder

Meridian Behavioral Health Network

Co-Occurring

Bridge Recovery
1485 10th Ave NE, Sauk Rapids, MN, 56379-9838

**Adult – Male / Female
Residential & Intensive Outpatient**

Phone: (320) 406-1850

Avalon Marsh Run
11900 Wayzata Blvd, Ste 100, Minnetonka, MN, 55305-2018

Phone: (612) 454-2011

Avalon St. Anthony Park
1821 University Ave W, Ste 385, St. Paul, MN, 55104-2872

Phone: (651) 647-0095

Twin Town Treatment Center
1706 University Ave W, St. Paul, MN, 55104-3614

Phone: (651) 645-3661

Latitudes LGBT Residential Treatment Center
1609 Jackson St, St. Paul, MN, 55117-3917

Phone: (612) 326-7600

Tapestry
135 Colorado St E, St. Paul, MN, 55107-2244

Phone: (651) 489-7740

Meadow Creek
17305 Meadow Creek Ln, Pine City, MN, 55063

Phone: (763) 444-4838

Lake Shore Residential Treatment
140 Quail St, Mahtomedi, MN, 55115-1941

Phone: (612) 326-7600

Avalon Eagan
3470 Washington Dr, Ste 165, Eagan, MN, 55122-3517

Phone: (651) 454-2833

Cedar Ridge
11400 Julianne Ave N, Stillwater, MN, 55082-9436

Phone: (651) 426-3300

Meridian Behavioral Health Network (cont.)

Co-Occurring

Avalon Stillwater

1825 Curve Crest Blvd W, Ste 103, Stillwater, MN, 55082-6054

**Adult – Male / Female
Residential & Intensive Outpatient
Phone: (877) 367-1715**

Oakridge Treatment Center LLC

4800 48th St NE, Rochester, MN, 55906-2009

Phone: (507) 289-2753

Douglas Place

1111 Gateway Dr NE, East Grand Forks, MN, 56721-2620

Phone: (218) 793-0420

Website: www.meridianprograms.com/programs/residential-inpatient-programs/

Metro Care Human Services

Co-Occurring, MAT, Housing

6043 Hudson Rd, Ste 340, Woodbury, MN, 55125

Website: www.metrocareservicesmn.com/

**Adult – Male / Female
Intensive Outpatient
Phone: (651) 528-7141**

Micah House

Co-Occurring

Victory Through Faith Recovery Services

1523 Nicollet Ave, Minneapolis, MN, 55403

**Adult – Male / Female
Residential & Outpatient
Phone: (612) 827-0484**

3047 5th Ave S, Minneapolis, MN, 55408

Website: <https://micahhouse.com/>

Phone: (612) 827-0484

Mid-Range Chemical Dependency Services, Inc

302 E Howard St, Ste 225, Hibbing, MN, 55746

Website: www.mid-rangecds.org/

**Adult – Male / Female
Intensive Outpatient
Phone: (218) 262-0860**

Midwest Recovery & Primer Paso

Spanish Speaking

2626 E 82nd St, Ste 305, Bloomington, MN, 55425

Website: www.primermn.com/

**Adult – Male / Female
Intensive Outpatient
Phone: (612) 584-4860**

Midwest Recovery, Inc.

Open Arms - Brooklyn Center

3300 County Road 10, Ste 100, Brooklyn Center, MN, 55429-3064

529 Woodley St W, Northfield, MN, 55057-2765

303 1st Ave NE, Faribault, MN, 55021-5268

Family Restoration Services - Red Wing

217 Plum St, Ste 220, Red Wing, MN, 55066-4840

Website: www.midwestrecovery.org/

**Adult – Male / Female
Intensive Outpatient
Phone: (651) 846-9010**

Phone: (507) 225-0201

Phone: (507) 225-0201

Phone: (651) 846-9010

**Minnesota Adult and
Teen Challenge**

Co-Occurring, Housing, Christian

Lakeside Academy

100 Garrison Ave NE, Buffalo, MN, 55313-9510

**Adult – Male / Female & Adolescent – Male
Residential & Intensive Outpatient**

Phone: (612) 238-6700

Minnesota Adult and Teen Challenge (cont.)

Outpatient

Minnesota Adult & Teen Challenge - Crystal
2756 Douglas Dr N, Crystal, MN, 55422-2402

Phone: (612) 373-3366

Women's Center
1717 2nd Ave S, & 1725 2nd Ave S, Minneapolis, MN, 55403

Phone: (612) 373-3366

Men's: Men's Center
1619 Portland Ave S, Minneapolis, MN 55404-1598

Phone: (612) 373-3366

Minnesota Adult & Teen Challenge - 1st
3111 1st Ave S, Minneapolis, MN, 55408

Phone: (612) 373-3366

Stevens and Hudson Houses
3231 1st Ave S and 3201 1st Ave S, Minneapolis, MN, 55408-4407

Phone: (612) 373-3366

Adult & Teen Challenge - Central Minnesota
2424 Business 371, Brainerd, MN, 56401-8306

Phone: (218) 833-8777

Life Renewal - Oak St
607 Oak St, Brainerd, MN, 56401-3610

Phone: (218) 833-8777

Minnesota Adult & Teen Challenge – Assisi
1530 Assisi Dr NW, Rochester, MN, 55901

Phone: (612) 373-3366

MN Adult & Teen Challenge - Rochester Women's Ctr
1542 Assisi Dr NW, Rochester, MN, 55901

Phone: (507) 288-3733

Minnesota Adult & Teen Challenge – Rochester
40 16th St SE, Rochester, MN, 55904

Phone: (612) 373-3366

MN Adult & Teen Challenge - Northland Campus
1 E 1st St, Ste 100, Duluth, MN, 55802-3020

Phone: (218) 529-3733

Northland Center
2 E 2nd St, Duluth, MN, 55802-2013

Phone: (218) 740-5500

Website: www.mntc.org/

Minnesota Care-Partner

Co-Occurring, MAT

Roots Recovery
393 Dunlap St N, Ste 300. St. Paul, MN, 55104-4207

Website: <https://mncarepartner.com/roots>

Adult – Male / Female

Intensive Outpatient

Phone: (612) 564-5933

Minnesota Indian Women's Resource Center

Housing, Native American

MN Indian Women's Resource Center (MIWRC)
2300 15th Ave S, Minneapolis, MN, 55404

Website: www.miwrc.org/

Adult –Female

Intensive Outpatient

Phone: (612) 728-2000

New Beginnings

Co-Occurring, Housing

114 N Holcombe Ave, Ste 140, Litchfield, MN, 55355

109 N Shore Dr, Waverly, MN, 55390-5517

7300 Estes Ave SW, Waverly, MN, 55390-8432

19230 Evans St NW, Ste 203, Elk River, MN, 55330

105 S 5th St, Olivia, MN, 56277-1374

320 Sunrise Dr, Ste B, St. Peter, MN, 56082-1353

Website: <https://nbminnesota.com/>

**Adult – Male / Female
Residential & Intensive Outpatient**

Phone: (800) 487-8758

Phone: (800) 487-8758

Phone: (800) 487-8758

Phone: (800) 487-8758

Phone: (800) 487-8758

Phone: (800) 487-8758

New Freedom Inc.

1101 5th St N, Princeton, MN, 55371

3162 90th Ave, Princeton, MN, 55371

20 3rd St NE, Aitkin, MN, 56431

Website: www.facebook.com/New-Freedom-Inc-273189276530708

**Adult – Male / Female
Intensive Outpatient**

Phone: (763) 220-5483

Phone: (763) 220-5483

New Life Treatment Center

Christian

130 Dakota St N, Woodstock, MN, 56186-1110

Website: www.newlifetreatment.com/

**Adult – Male / Female
Residential & Intensive Outpatient**

Phone: (507) 777-4321

New Season

MAT, Opioid

524 25th Ave N, St. Cloud, MN, 56303

2311 Woodbridge St, Roseville, MN, 55113

11939 River Hills Dr, Burnsville, MN, 55337

2360 Broadway Ave N, Rochester, MN, 55906

Website: www.newseason.com/

**Adult – Male / Female
Outpatient**

Phone: (320) 202-1909

Phone: (651) 773-0832

Phone: (952) 890-4480

Phone: (507) 282-0142

Nivon Wellness Center, LLC

Housing

800 Minnehaha Ave E, Ste 250, St. Paul, MN, 55106

7501 80th St S, Ste 108, Cottage Grove, MN, 55016

Website: www.nivonwc.com/

**Adult – Male / Female
Intensive Outpatient**

Phone: (612) 564-8073

Phone: (612) 564-8073

North Homes Children & Family Adolescents - Ages 10 - 18 - Male / Female

Co-Occurring

413 SE 13th St, Grand Rapids, MN, 55744

1231 5th St NW, Bemidji, MN, 56601

4225 Technology Dr NW, Bemidji, MN, 56601

Website: www.northhomes.org/program/substance-use-disorder-services/

Phone: (218) 999-9908

Phone: (218) 751-0282

Phone: (218) 751-0282

Northern MN Addiction Wellness Ctr
MAT

408 Beltrami Ave NW, Ste 200
Bemidji, MN, 56601-3222

4851 Stacy Ann Dr NW, Bemidji, MN, 56601

Website: www.nmawcenter.com/

Adult – Male / Female
Residential

Phone: (218) 308-8600

Phone: (218) 308-8600

Northern Pines MH

Co-Occurring

823 Maple St, Brainerd, MN, 56401-3770

11 2nd St SW, Ste 1, Wadena, MN, 56482

Website: www.npmh.org/chemical-health-services

Adult & Adolescent, Ages 13-17 – Male / Female

Intensive Outpatient

Phone: (320) 639-2025

Phone: (320) 639-2025

Northland Counseling Center, Inc.

Co-Occurring

Northland Recovery - Women's Center South
510 SE 13th St, Grand Rapids, MN, 55744-4233

Northland Recovery - Women's Center North
213 SE 11th St, Grand Rapids, MN, 55744-3970

Northland Recovery Center - Grand Rapids
1215 SE 7th Ave, Grand Rapids, MN, 55744-4201

Northland Recovery - Pineview Center
2000 Spruce St, International Falls, MN, 56649-2121

Website: <https://northlandcounseling.org/chemical-dependency/>

Adult – Male / Female
Residential & Intensive Outpatient

Phone: (218) 327-2570

Phone: (218) 327-1890

Phone: (218) 327-1105

Phone: (218) 540-0142

Northstar Behavioral Health LLC

Co-Occurring, MAT, Opioid

600 25th Ave S, Ste 207, St. Cloud, MN, 56301-4866

5810 Cranberry Dr, Linwood, MN, 55092

924 Rice St, St. Paul, MN, 55117-4987

35 Water St W, St. Paul, MN, 55107-2046

5713 Geneva Ave N, Oakdale, MN, 55128

1174 Western Ave, Fergus Falls, MN, 56537-4808

Website: www.northstarbehavioralhealthmn.com

Adult – Male / Female
Residential & Intensive Outpatient

Phone: (651) 341-0929

Phone: (651) 341-0929

Phone: (651) 341-0929

Phone: (651) 341-0929

Phone: (651) 341-0929

Phone: (651) 341-0929

NorthStar Regional

Co-Occurring, Housing

7384 Kirkwood Ct N, Ste 200, Maple Grove, MN, 55369-5270

7945 Stone Creek Dr, Ste 30, Chanhassen, MN, 55317

1045 Stoughton Ave, Chaska, MN, 55318-2149

1055 Stoughton Ave, Chaska, MN, 55318-2149

Adult – Male / Female
Residential & Intensive Outpatient

Phone: (763) 898-3838

Phone: (952) 974-3999

Phone: (952) 448-6557

Phone: (952) 217-4029

NorthStar Regional (cont.)

Co-Occurring, Housing

320 N Walnut St, Chaska, MN, 55318-4568

1250 Lincoln St, Shakopee, MN, 55379-0050

Website: <https://northstarregional.com/>

**Adult – Male / Female
Residential & Intensive Outpatient**

Phone: (952) 448-6557

Phone: (952) 208-1109

Nurturing House, LLC

1821 University Ave W, Ste 206

St. Paul, MN, 55104-2893

Website: <https://yourfirststep.org/treatment-center/nurturing-house-saint-paul-mn/>

**Adult – Male / Female
Outpatient**

Phone: (763) 286-8124

Nuway

Co-Occurring, MAT, Housing

1420 W Saint Germain St, Ste 105, St. Cloud, MN, 56301-4025

1404 Central Ave NE, Minneapolis, MN, 55413-1517

2118 Blaisdell Ave, Minneapolis, MN, 55404-2415

2104 Stevens Ave, Minneapolis, MN, 55404-2533

2200 1st Ave S, Minneapolis, MN, 55404-3401

2518 1st Ave S, Minneapolis, MN, 55404-4321

1246 University Ave W, St. Paul, MN, 55104-4125

545 7th St W, St. Paul, MN, 55102-3007

802 S Front St, Mankato, MN, 56001-2401

300 11th Ave NW, Ste 120, Rochester, MN, 55901-2739

4615 Grand Ave, Duluth, MN, 55807-2749

Website: www.nuway.org

**Adult – Male / Female
Residential & Intensive Outpatient**

Phone: (612) 767-0309

Phone: (612) 789-8030

Phone: (612) 235-4677

Phone: (612) 767-0309

Phone: (612) 767-0309

Phone: (612) 767-0309

Phone: (651) 404-2000

Phone: (651) 333-4410

Phone: (612) 767-0309

Phone: (507) 225-0400

Phone: (218) 207-2130

Nystrom & Associates

Co-Occurring

101 Dehler Dr, Sartell, MN, 56377

207 Jefferson Blvd, Big Lake, MN, 55309

19580 Station St, Big Lake, MN, 55309

9245 Quantrelle Ave NE, Otsego, MN, 55330

114 Main St N, Ste 201B, Hutchinson, MN, 55350

13603 80th Cir N, Maple Grove, MN, 55369

11660 Round Lake Blvd NW, Coon Rapids, MN, 55433

817 Main St N, Cambridge, MN, 55008

10729 Town Square Dr NE, Blaine, MN, 55449

Adult & Adolescent, Ages 12 – 18 – Male / Female

Residential & Intensive Outpatient

Phone: (651) 628-9566

Phone: (651) 628-9566

Phone: (651) 628-9566

Phone: (651) 628-9566

Phone: (651) 628-9566

Phone: (651) 628-9566

Phone: (651) 628-9566

Phone: (651) 628-9566

Phone: (651) 628-9566

Nystrom & Associates
Co-Occurring

Adult & Adolescent, Ages 12-18 – Male / Female
Residential & Intensive Outpatient

1900 Silver Lake Rd NW, Ste 110, New Brighton, MN 55112 **Phone:** (651) 628-9566

13100 Wayzata Blvd, Ste 200, Minnetonka, MN 55305 **Phone:** (651) 628-9566

11010 Pr. Lks Dr, Pr. Lks Corp Ctr, Ste 350, Eden Prairie, MN 55344 **Phone:** (651) 628-9566

13045 Falcon Dr, Ste 100, Baxter, MN, 56425 **Phone:** (651) 628-9566

6600 France Ave S, Ste 425, Edina, MN, 55435 **Phone:** (651) 628-9566

305 30th Ave W, Alexandria, MN, 56308 **Phone:** (651) 628-9566

1101 E 78th St, Ste 100, Bloomington, MN, 55420 **Phone:** (651) 628-9566

17685 Juniper Path, Ste 303, Lakeville, MN, 55044 **Phone:** (651) 628-9566

7300 147th St W, Ste 204, Apple Valley, MN, 55124 **Phone:** (651) 628-9566

1811 Weir Dr, Ste 270, Woodbury, MN, 55125 **Phone:** (651) 628-9566

1715 Tower Dr W, Ste 100, Stillwater, MN, 55082 **Phone:** (651) 628-9566

201 N Broad St, Ste 200, Mankato, MN, 56001 **Phone:** (651) 628-9566

124 Tyler Rd S, Red Wing, MN, 55066 **Phone:** (651) 628-9566

401 16th St SE, Ste 100, Rochester, MN, 55904 **Phone:** (651) 628-9566

332 W Superior St, Providence Building Ste 300, Duluth, MN 55811 **Phone:** (651) 628-9566

112 1st St W, Bemidji, MN, 56601 **Phone:** (651) 628-9566

2405 8th St S, Ste 200, Moorhead, MN, 56560 **Phone:** (651) 628-9566

Website: www.nystromcounseling.com/our-services/

Options Family Services
Co-Occurring

Adult & Adolescent - Ages 12-19, Male / Female
Intensive Outpatient

2675 Long Lake Rd, Ste 125, Roseville, MN, 55113 **Phone:** (952) 564-3000

151 W Burnsville Pkwy, Ste 100, Burnsville, MN, 55337 **Phone:** (952) 564-3000

Website: <https://optionsfamily.com/substance-abuse-treatment>

Park Avenue Center
Co-Occurring, Housing

Adult – Male / Female
Intensive Outpatient

2430 Nicollet Ave, Minneapolis, MN, 55404 **Phone:** (612) 871-7443

2318 Park Ave, Minneapolis, MN, 55404 **Phone:** (612) 871-7443

Website: www.parkavenuecenter.com/

Partners in Recovery, LLC
Co-Occurring, Housing

Adult – Male / Female
Intensive Outpatient

2900 Fremont Ave N, Minneapolis, MN, 55411 **Phone:** (888) 648-7652

1611 County Road B W, Ste 102, Roseville, MN, 55113-4053 **Phone:** (651) 433-5505

Partners in Recovery, LLC (cont.)

Co-Occurring, Housing

704 E Howard St, Hibbing, MN, 55746-1744

216 5th St S, Virginia, MN, 55792-2714

Website: <https://pirmn.com/>

Adult – Male / Female

Intensive Outpatient

Phone: (651) 433-5505

Phone: (888) 648-7652

People Incorporated

Co-Occurring, Housing

Huss Center for Saving

2120 Park Ave, Minneapolis, MN, 55404

Website: www.peopleincorporated.org/intensive-residential-treatment-services/

Adult – Male / Female

Intensive Outpatient

Phone: (651) 774-0011

Perspectives, Inc

Co-Occurring, Housing

3381 Gorham Ave, Ste 101

St. Louis Park, MN 55426

Website: www.perspectives-family.org/substance-use-treatment

Adult - Female

Intensive Outpatient

Phone: (952) 926-2600

Pride Institute

Co-Occurring, Housing, LGBT

14400 Martin Dr, Eden Prairie, MN, 55344-2031

Website: <https://pride-institute.com/lgbtq-recovery-programs/intensive-outpatient-program/>

Adult – Male / Female

Residential & Intensive Outpatient

Phone: (952) 900-4325

Professional Counseling Center

Co-Occurring, Housing

7 State Highway 55 W, One Wright Plaza, Buffalo, MN 55313

1262 Crossing Dr, Delano, MN, 55328

Website: <http://professionalcounselingcenters.com/>

Adult – Male / Female

Intensive Outpatient

Phone: (763) 682-2829

Phone: (763) 972-6527

Professional Recovery Organization, LLC.

Co-Occurring

1687 Woodlane Dr, Ste 208, Woodbury, MN, 55125

Website: <https://professionalrecoveryorganization.com/>

Adult – Male / Female

Intensive Outpatient

Phone: (651) 204-9144

Progress Valley

Co-Occurring, Housing

Progress Valley III - Recovery Center for Men

308 E 78th St, Richfield, MN, 55423

Progress Valley II - Women's Program

1100 E 80th St, Bloomington, MN, 55420

Website: <http://progressvalley.org/>

Adult – Male / Female

Intensive Outpatient

Phone: (612) 827-2517

Phone: (612) 827-2517

Progressive Individual Resources, Inc.

Co-Occurring

Progressive Individual Resources

220 Robert St S, Ste 206, St. Paul, MN, 55107-1692

Website: www.pirimn.org/

Adult – Male / Female

Intensive Outpatient

Phone: (612) 749-3309

Project Turnabout

Co-Occurring, Housing

130 Willmar Ave SE, Willmar, MN, 56201-3484

334 S Jefferson St, Redwood Falls, MN, 56283

660 18th St, Granite Falls, MN, 56241

1220 Birch St, Marshall, MN, 56258

Website: www.projectturnabout.org/alcohol-drug-recovery

Adolescents, Ages 16 and up – Male / Female

Residential & Intensive Outpatient

Phone: (800) 862-1453

Phone: (800) 862-1453

Phone: (800) 862-1453

Phone: (800) 862-1453

RS Eden

Co-Occurring, Housing

Eden House - Minneapolis – Portland (Call for Location)

Eden House - Minneapolis – Grant

614 E Grant St, Minneapolis, MN, 55404-1431

Website: www.rseden.org/

Adult – Male / Female

Residential & Intensive Outpatient

Phone: (612) 338-0723

Phone: (612) 338-0723

Rainy River Recovery

Co-Occurring

345 6th Ave, International Falls, MN, 56649

Website: www.facebook.com/RainyRiverCounseling

Adult – Male / Female

Intensive Outpatient

Phone: (218) 285-7029

Range Mental Health Center (RMHC)

Co-Occurring

3203 3rd Ave W, Perpich Building, Hibbing, MN, 55746-2406

Donavon Frank Building 626 13th St S, Virginia, MN, 55792

Website: www.rangementalhealth.org/services

Adult – Male / Female

Residential & Outpatient

Phone: (218) 741-9120

Phone: (218) 741-9120

Recovering Hope Treatment Center

Co-Occurring

2031 Rowland Rd, Mora, MN, 55051-7119

Website: <https://recoveringhope.life/>

Adult – Female

Intensive Outpatient

Phone: (844) 314-4673

Recovery Center

Housing

109 Washburne Ave, Paynesville, MN, 56362

Website: www.recoverycenterllc.org/

Adult – Male / Female

Intensive Outpatient

Phone: (320) 243-1599

Recovery is Happening

MAT, Housing

25 16th St NE, Rochester, MN, 55906

Website: <https://recoveryishappening.org/programs/intensive-out-patient-treatment/>

Adult – Male / Female

Outpatient

Phone: (507) 218-4773

Reed Behavioral Health

Co-Occurring, MAT

15600 Wayzata Blvd, Ste 301, Wayzata, MN, 55391

7117 Ohms Ln, Edina, MN, 55439

Website: <https://reedhealthcare.org/>

Adult – Male / Female

Intensive Outpatient

Phone: (763) 577-2489

Phone: (763) 577-2489

Reflections

Co-Occurring, Housing

1675 Greeley St S, Stillwater, MN, 55082

Website: www.reflections-mn.com/

Adult – Male / Female

Intensive Outpatient

Phone: (651) 342-1857

Renewed Life Counseling

Co-Occurring, MAT, Housing

10026 University Ave NW, Ste 103,

Minneapolis, MN 55448

Website: <https://minnesotarecovery.org/resource/renewed-life-counseling-services/>

Adult – Male / Female

Intensive Outpatient

Phone: (763) 400-7251

Restoration Counseling

Co-Occurring, Housing

3805 Washington Ave N, Minneapolis, MN, 55412

900 Rice St, St. Paul, MN, 55117

297 Century Ave S, St. Paul, MN, 55119

Website: <https://rccsprograms.com/treatment-services>

Adult – Male / Female

Intensive Outpatient

Phone: (612) 767-6601

Phone: (651) 529-1600

Phone: (651) 767-6601

ReSurge Treatment Services, LLC

Faith-based

2314 Plymouth Ave N, Minneapolis, MN, 55411

Website: www.resurgetx.org/

Adult – Male / Female

Intensive Outpatient

Phone: (763) 478-1418

Rewind Recovery

Faith-based

840 E Main St, Perham, MN, 56573

830 E Main St, Perham, MN, 56573

Website: www.rewindcenter.org/

Adult – Male / Female

Residential & Intensive Outpatient

Phone: (218) 346-6100

Phone: (218) 346-6100

River Ridge

Co-Occurring

A Woman's Way (call for location)

4555 Erin Dr, Ste 200, Eagan, MN, 55122-3432

Glen Creek Lodge (call for location)

Website: www.riverridgemn.com/

Adult – Male / Female

Residential & Intensive Outpatient

Phone: (952) 894-7722

Phone: (952) 894-7722

Phone: (952) 894-7722

RiverView Health

721 S Minnesota St, Ste 1, Crookston, MN, 56716-1800

213 Labree Ave N, Ste 100, Thief River Falls, MN, 56701-2022

210 Gateway Dr. NE, East Grand Forks, MN 56721-1623

216 Center St W, Court House Commons, Roseau, MN, 56751-1494

Website: www.riverviewhealth.org/services/chemical_dependency.aspx

Adult – Male / Female

Intensive Outpatient

Phone: (218) 281-9511

Phone: (218) 281-9200

Phone: (218) 230-0787

Phone: (218) 463-3447

Riverplace Counseling Centers

Housing

9816 Highway 10, Elk River, MN, 55330

6058 Highway 10 NW, Anoka, MN, 55303

3300 4th Ave, Anoka, MN, 55303

Website: www.riverplacecenter.com/

RRecovery Services

Co-Occurring, Housing

867 Pierce Butler Rte, St. Paul, MN, 55104-1522

Website: www.rrecoverymn.com/

Sage Prairie, Inc.

MAT, Housing

13005 County Road 5, Burnsville, MN, 55337

1440 Duckwood Dr, Ste 300, Eagan, MN, 55122

Website: www.sageprairie.org/sage-prairie-treatment-center/

Saint Cloud Hospital

Co-Occurring, MAT

St. Cloud Hospital Addiction Services

3701 12th St N, Ste 201, St. Cloud, MN, 56303

Clara's House

1564 County Road 134, St. Cloud, MN, 56303

Website: www.centracare.com/

Saint Stephen's Human Services, Inc.

Co-Occurring, Housing

First Covenant Shelter by St. Stephen's

810 S 7th St, Minneapolis, MN, 55415

Website: <https://ststephensmpls.org/>

Sanford Behavioral Health

Co-Occurring, MAT

1705 Anne St NW, Bemidji, MN, 56601

1611 Anne St NW, Bemidji, MN, 56601

1600 N Kniss Ave, Luverne, MN, 56156

120 Labree Ave S, Thief River Falls, MN, 56701

Website: www.sanfordhealth.org/medical-services/behavioral-health

Senior Recovery Center

Senior Specific

235 Roselawn Ave E, Ste 13, Maplewood, MN, 55117

Website: <http://seniorrecoverycenter.squarespace.com/what-we-do>

Adult – Male / Female

Intensive Outpatient

Phone: (763) 427-9777

Phone: (763) 421-5590

Phone: (763) 421-5590

Adult – Male / Female

Intensive Outpatient

Phone: (763) 607-8544

Adult – Male / Female

Intensive Outpatient

Phone: (877) 915-7243

Phone: (877) 915-7243

Adult & Adolescent – Male / Female

Residential & Intensive Outpatient

Phone: (320) 229-4950

Phone: (320) 229-4950

Adult – Male / Female

Intensive Outpatient

Phone: (612) 927-3113

Adult & Adolescent– Male / Female

Intensive Outpatient

Phone: (218) 333-2035

Phone: (218) 333-2105

Phone: (507) 283-2321

Phone: (218) 683-4351

Adult – Male / Female

Intensive Outpatient

Phone: (651) 773-0473

Sobriety First Treatment Center, LLC
MAT

266 33rd Ave S, Ste 10, St. Cloud, MN, 56301

313 W Broadway St, Monticello, MN, 55362

210 Central Ave N, Ste 1, Milaca, MN, 56353

520 4th St S, Sauk Centre, MN, 56378

Website: <https://sobrietyfirstllc.com/>

South Central Human Relations Center
Safe Harbor - Co-Occurring

610 Florence Ave, Owatonna, MN, 55060-4704

Website: <https://schrc.com/>

Specialized Treatment Services

7472 Lakeland Ave N, Brooklyn Park, MN, 55428

1132 Central Ave NE, Minneapolis, MN, 55413

311 Spruce St, St. Paul, MN, 55101

Website: www.sixdimensionscounseling.com/index.html

Spirits at Rest

Housing

202 1st St S, Montgomery, MN, 56069-1602

Website: <https://spiritsatrest.com/>

Stage by Staige, LLC

Co-Occurring

11 E Veterans Memorial Hwy, Ste 106, Kasson, MN, 55944

Website: www.stagebystaige.com/

The Superior Treatment Center

MAT

324 W Superior St, Ste 300, Duluth, MN, 55802

Website: www.superiortreatmentcenter.net/

Talo Care, LLC

Co-Occurring

6040 Earle Brown Dr, Ste 106

Brooklyn Center, MN 55430-2523

Website: <https://talocarellc.com/>

Teen Focus Recovery

Adult & Adolescent, Ages 12-18– Male / Female

209 Maple Ave E, Mora, MN, 55051

475 S Dana Ave, Rush City, MN, 55069

Website: www.teenfocusrecoverycenterllc.com/

Adult – Male / Female

Intensive Outpatient

Phone: (320) 251-0035

Phone: (320) 251-0035

Phone: (320) 251-0035

Phone: (320) 251-0035

Adult – Male / Female

Residential

Phone: (507) 451-2630

Adult – Male / Female

Intensive Outpatient

Phone: (763) 777-5000

Phone: (612) 236-1700

Phone: (651) 888-6800

Adult – Male / Female

Outpatient

Phone: (507) 953-0172

Adult – Male / Female

Intensive Outpatient

Phone: (507) 216-5151

Adult – Male / Female

Intensive Outpatient

Phone: (218) 336-9300

Adult – Male / Female

Outpatient

Phone: (612) 354-3021

Intensive Outpatient

Phone: (320) 679-2003

Phone: (320) 358-4065

Thrive Behavioral Network, LLC

Co-Occurring

New Visions Center - Alexandria Outpatient Program
909 Broadway St, Alexandria, MN, 56308

New Visions Center - Morris Outpatient Program
712 Atlantic Ave, Ste 3, Morris, MN, 56267

Transformative Recovery Center Fergus Falls
119 Friberg Ave, Ste B, Fergus Falls, MN, 56537

Website: www.thrivebehavioralnetwork.com/programs/

Transformation House

Co-Occurring, Housing

1410 S Ferry Rd, Anoka, MN, 55303

2532 N Ferry St, Anoka, MN, 55303

351 74th Ave NE, Bldg A, Fridley, MN, 55432

Website: <https://transformationhouse.com/>

Transitions Outpatient Program

Co-Occurring, Housing

366 Prior Ave N, Ste 204, St. Paul, MN, 55104

Website: www.transitions.pro/

Tubman

Co-Occurring

Tubman Chrysalis Center
4432 Chicago Ave, Minneapolis, MN, 55407-3521

Website: www.tubman.org/get-help/

Turning Point, Inc

Co-Occurring, MAT, Housing, African American

1500 Golden Valley Rd, Minneapolis, MN, 55411

Website: <https://ourturningpoint.org/our-programs/chemical-health/>

Valhalla Place Inc.

MAT

2807 Brookdale Dr, Brooklyn Park, MN, 55444-1844

2215 S 6th St, Brainerd, MN, 56401-5549

3329 University Ave SE, Minneapolis, MN, 55414-3325

6043 Hudson Rd, Ste 220, Woodbury, MN, 55125-1033

Website: <https://valhallaplace.com/services/>

Veemah Integrated Wellness

Co-Occurring, African Americans, Immigrants and Refugees

5701 Kentucky Ave N, Ste 100, Crystal, MN, 55428

Website: <https://veemah.com/>

Adult & Adolescent – Male / Female

Residential & Intensive Outpatient

Phone: (320) 763-0124

Phone: (320) 585-6180

Phone: (320) 255-9530

**Adult – Male / Female
Residential & Intensive Outpatient**

Phone: (763) 452-7005

Phone: (763) 452-7005

Phone: (763) 452-7005

Adult – Male / Female

Intensive Outpatient

Phone: (651) 529-8900

Adult – Female

Intensive Outpatient

Phone: (612) 825-3333

**Adult – Male / Female
Residential & Intensive Outpatient**

Phone: (612) 520-4004

Adult – Male / Female

Outpatient

Phone: (763) 237-9898

Phone: (218) 454-1010

Phone: (612) 454-2260

Phone: (651) 925-8200

Adult – Male / Female

Intensive Outpatient

Phone: (763) 202-4767

Villa Healthcare

Housing

The Villa at Bryn Mawr
275 Penn Ave N, Minneapolis, MN, 55405-1216
Website: <https://villahc.com/locations/minnesota/>

**Adult – Male / Female
Intensive Outpatient
Phone: (612) 377-4723**

Vinland National Center

Co-Occurring, Housing, Cogitatively Impaired

3675 Ihduhapi Rd, Loretto, MN, 55357-2120

Outpatient Chemical Health for People w/ Disabilities
675 Stinson Blvd, Minneapolis, MN, 55413-2762
Website: www.vinlandcenter.org/treatment-programs/residential-treatment/

**Adult – Male / Female
Residential & Intensive Outpatient
Phone: (763) 479-3555

Phone: (763) 479-4560**

Wayside House Inc

Co-Occurring, MAT

Wayside Wellness Center
1600 University Ave W, Ste 500, St. Paul, MN, 55104-3828
Website: www.waysiderecovery.org/

**Adult – Female, Women w/Children, & Nurses
Residential & Intensive Outpatient
Phone: (651) 242-5540**

WebMed Medical Health Services

MAT

Duluth
925 E Superior St, Ste 113, Duluth, MN, 55802
Website: www.webmedmn.com/

**Adult – Male / Female
Outpatient
Phone: (218) 310-8896**

Western Mental Health Center, Inc.

Co-Occurring, MAT

Western Mental Health, Chemical Dependency Pgm.
101 Caring Way, Redwood Falls, MN, 56283-2624

Substance Granite Falls Office
818 Prentice St, Granite Falls, MN, 56241
Website: <http://wmhcinc.org/>

**Adult – Male / Female
Outpatient
Phone: (507) 532-3236

Phone: (507) 532-3236**

Woodland Centers

Co-Occurring, MAT

1125 6th St SE, Willmar, MN, 56201-4675

1234 E Highway 7, Montevideo, MN, 56265-1705
Website: www.woodlandcenters.com/

**Adult – Male / Female
Outpatient
Phone: (320) 235-4613

Phone: (320) 269-6581**

Zumbro Valley Health Ctr

Co-Occurring

343 Woodlake Dr SE, Rochester, MN, 55904

Recovery Programs
29 7th St NE, Rochester, MN, 55906-3644

**Adult & Adolescent, Ages 13 - 18– Male / Female
Intensive Outpatient
Phone: (507) 289-2089

Phone: (507) 289-2089

Phone: (507) 328-3999**

Alternative Learning Center
37 Woodlake Dr SE, Rochester, MN, 55904

Website: www.zvhc.org/mental-health-services/substance-use-and-recovery/

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Peer Support Services: Facilities that provide peer support services employ people who have 'lived experience' in addiction and have been successful in the recovery process. They use their experience to help others navigate their way through their own process of recovery.

