

Fairview Lakes Area Parish Nurses

Mental Health Resource Guide

A compilation of community mental health resources with services in
Anoka, Chisago and Washington Counties.

Revised 2014

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(CRISIS NUMBERS AND HOTLINES)

EMERGENCY CALL 911 (if a person is a danger to self or others)

First Call for Help..... 211 or 1-800-543-7709
24 hour information and referral

Alcohol & Drug Abuse Hotline..... 1-800-252-6465

American Red Cross.....612-871-7676
Crisis Response Team- Two trained Red Cross workers come to person’s location to assess and provide intervention, including transportation to appropriate setting or referral. Issues: family or domestic violence, child and adult abuse and protection, chemical abuse, suicide intervention, mental health problems, emergency lodging, groceries, transportation.

Child Abuse Hotline..... 1-800-422-4453

Crisis Connection.....612-379-6363

National 24 Hour Suicide Prevention Life Line..... 1-800-273-TALK (8255)

Poison Control..... 1-800-222-1222

Washington County Canvas Health Mental Health Services.....651-777-5222
24/7 Mobile Crisis Response Team- A mental health professional will come to person’s location for assessment and intervention. The person has to be willing to have this team come.

Tips for communicating with a person in a mental health crisis:

Goal: To de-escalate the situation by decreasing environmental stimuli, creating a cal, non-threatening setting, and quiet, safe conversation.

1. Remain calm
2. Give the person their space. Refrain from coming close or touching the person.
3. Speak softly, slowly, clearly, truthfully, simply, respectfully.
4. Listen. Do not argue or expect a rational conversation. Don’t take things personally.
5. Focus conversation on the here and now. “How can I help you?”
6. Connect with appropriate resources.

(ANOKA)

ABC Family Counseling	
Target population	Individual, couples and families
Description of services	Counseling, educational and psychological assessment for ADHD, learning disabilities, and other issues.
Address	229 Jackson St., Suite 136, Anoka 55303 - 2254
Phone	763-227-8076
Fax	763-421-7892
Website	www.abcfamilycounseling.com
Days/Hours of service	Flexible-daytime, evening and Saturday
Fee	Medical Assistance, Minnesota Care, most insurance. Limited fee for service.

Affiliated Counseling Center	
Target population	Individual, couples and families
Description of services	Outpatient mental health clinic. Counseling. Periodic therapy groups. (Parenting, Women's, etc.)
Address	7260 University Avenue NE, Suite 235, Fridley 55432
Phone	763-572-2605
Fax	763-572-2606
Website	www.mncounseling.com
Email	info@mncounseling.com
Days/Hours of service	Monday-Friday 8am-8pm; every other Saturday appointments available with some therapists.
Fee	Sliding fee scale available.

Anoka County Mental Health Services (Intake)	
Target population	Individuals with chronic mental illness
Description of services	Case management services
Address	5 th Floor Government Center 2100 3 rd Avenue Anoka 55303
Phone	763-422-3283
Fax	763-323-3046
Website	www.anoka.co.mn.us
Days/Hours of service	Monday-Friday 8am-4:30pm
Fee	General Assistance, Medical Assistance, MN Healthcare

The Center for Changing Lives-Lutheran Social Service of Minnesota	
Target population	Children, adults, families
Description of services	In-office mental health counseling for individuals and families to help them develop stability and wellness.
Address	2400 Park Ave S Minneapolis 55404
Phone	612-879-5320
Fax	612-879-5272
Website	www.centerforchanginglives.org
Email	See website under Contact Us.
Days/Hours of service	Morning, afternoon, evening hours (9am-8pm)
Fee	Most accepted. Sliding fee scale available. \$60 minimum.

Coon Rapids Counseling	
Target population	Individual, teen/children, couples, families
Description of services	Psychological assessment, couples and family counseling.
Address	551 Coon Rapids Blvd, Suite 150 Coon Rapids 55433
Phone	763-786-9755
Days/Hours of service	Monday-Friday 9am-6pm
Fee	MN Care and Medical Assistance accepted.

Family Caregiver Connection/Anoka County	
Target population	Caregivers of an older adult qualified for respite care. To qualify: Caregivers must reside in Anoka County and have responsibility for providing 24-hour care. Care receivers must reside in Anoka County, be age 55 or older, unable to be left alone for more than two hours and require companion care only.
Description of services	Network of services for caregivers, family members, and those for whom they care. <i>The Gathering</i> : Out-of-home respite group; in-home respite; needs assessment; 1:1 counseling & coaching; family meetings; educational forums about care giving issues; and caregiver support groups.
Phone	Contact Jill 763-422-6960
Website	www.co.anoka.mn.us/seniors
Email	jill.agyekum@co.anoka.mn.us

Family Innovations, Inc	
Target population	Children, adolescents, adults, couples, families
Description of services	Home-based skills work for clients 0-18 on Medical Assistance, and outpatient counseling for early childhood through adult.
Address	1833 3 rd Ave., Anoka 55303
Phone	763-421-5535
Fax	763-433-0226
Website	www.familyinnovations.com
Email	info@familyinnovations.com
Days/Hours of service	Hours: M-Th 8am-9pm, F 8am-4pm, S 9am-4pm
Fee	Most insurances accepted, including Medical Assistance in MN and WI. Sliding fee scale available for private pay.

Family Life Center	
Target population	Children, adolescents, adults
Description of services	Individual, group, family, and marital therapy. Psychological testing. Anger management and DBT groups.
Address	1930 Coon Rapids Blvd. Coon Rapids 55433
Phone	763-427-7964
Fax	763-427-7976
Website	www.flmhc.org
Email	businessoffice@flmhc.org administration@flmhc.org scheduling@flmhc.org

Days/Hours of service	Monday-Thursday 8am-8pm; Friday 8am-5pm
Fee	Most insurance accepted. Sliding fee scale available.

Resource Center for Fathers and Families

Target population	Males who are fathers
Description of services	Fathers' Support Groups, Anger Management/Domestic Violence, Anger/Management/Domestic Violence Aftercare, Parenting classes, Family Law Clinics, Marriage Counseling, Step Parenting course, Relationship course. Call to register and for location.
Address	Human Services Bldg., Suite 224 1201 89 th Ave NE Blaine 55434
Phone	612-783-4938
Fax	612-783-4900
Website	www.resourcesforfamilies.org
Email	info@resourcesforfathers.org
Days/Hours of service	See class schedule. Office hours vary; student intern/volunteers answer phones usually from 10am-5pm, Monday-Friday.
Fee	Insurance not accepted. Cash payment based.

Riverwind Crisis Services

Target population	Adults and children at any age experiencing symptoms due to mental health crisis
Description of services	Mental health assessments, interventions, short term crisis residence. 24 hour crisis line and children's mobile crisis response.
Address	2708 119 th Ave NW Coon Rapids 55433
Phone	763-862-7944
Fax	763-767-1077
Website	www.peopleincorporated.org
Email	Email Director on website
Days/Hours of service	24 hours a day, 365 days a year
Fee	May be covered by Medical Assistance. Anoka County has made county payment provisions for individuals who do not receive MA benefits. Co-pays may exist.

Tough Love

Target population	Parents troubled by teen behavior
Description of services	A self-help program. Parent support groups.
Phone	763-391-2630 (Call for meeting locations and contact information)

Transformation House

Target population	Qualified adult men and women suffering from continuous patterns of dysfunction due to the use of alcohol and drugs.
Description of services	Individual, group, family counseling specializing in cocaine, heroin, methamphetamine, and gambling addiction. Outpatient treatment.
Address	1410 South Ferry Street Anoka, MN 55303 (Main Office)
Phone	(763) 427-7155

Fax	(763) 427-6084
Website	www.transformationhouse.com
Email	info@transformationhouse.com
Days/Hours of service	9am-4pm Monday-Friday
Fee	Rule 25 approved, private pay, or have insurance. Prospective clients must have completed primary treatment and Halfway House within the last 5 years.

Veterans' Services - Anoka County	
Target population	Veterans and their families
Description of services	Assistance in obtaining benefits, benefit counseling, claims service, referral and assistance in a variety of programs.
Address	2100 3 rd Ave #233 Anoka, MN 55303 - 2270
Phone	763-323-5290
Fax	763-323-5296
Website	www.co.anoka.mn.us
Days/Hours of service	Monday-Friday 8am-4:30pm (Offices closed during most legal holidays)

Volunteers of America Mental Health Clinics	
Target population	Children, adolescents and their families.
Description of services	Helping children, adolescents and their families cope with and manage emotional and behavior problems and disturbances, depression, anxiety, ADHD, parent/child conflict, grief and loss issues, attachment issues. Psychiatric assessment, evaluation and services, medication management, psychological assessment and testing. Individual, family, group psychotherapy. Group counseling. family and parent education.
Address	22426 St. Francis Blvd, Anoka 55303
Phone	(763) 753-7310
Fax	N/A
Website	www.voamn.org
Email	N/A
Days/Hours of service	Monday-Friday 8am-6pm
Fee	Fees are reimbursable by Medical Assistance, third party insurance payers and contractual agreements with counties. Most insurance.

Avanti Center for Girls	Bar-None Residential Treatment
Females, ages 12-18, who exhibit emotional and behavioral problems and need shelter, evaluation or treatment programming.	Males, ages 12-18, who exhibit emotional and behavioral problems and need stabilization, evaluation or treatment programming
10300 Flanders St. NE Blaine 55449	22426 St. Francis Blvd. Anoka 55303
Phone: (763) 230-7470	Phone: (763) 753-2500
Hours/Days: Monday-Friday 8:00am-4:00pm. Residential setting 24/7, 365 days per year.	Hours/Days: Monday-Friday 8:00am-4:00pm. Residential setting 24/7, 365 days per year.
Fee: Funding for participant placement typically received through county social	Fee: Contact Intake Coordinator, Shelly Manke.

services. Contact for specific program fees.	
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Well Spouse Association	
Target population	Husbands, wives and partners of the chronically ill and/or disabled
Description of services	Offers spousal caregiver support, newsletters and resource materials. Monthly support meetings, respite weekends.
Address	63 West Street, Suite H, Freehold, NJ 07728
Phone	1-800-838-0879
Fax	732-577-8644
Website	www.wellspouse.org
Email	info@wellspouse.org

(CHISAGO)

Adult and Children's Mental Health Crisis Service	
Target population	Adult and children from counties of Chisago, Isanti, Kanebec, Mille Lacs, Pine.
Description of services	<ul style="list-style-type: none"> • Mobile Crisis Response • Stabilization services • Telephone crisis intervention • Mental health consultation
Address (Physical)	1029 Hwy 65, Suite 107 Mailing 521 Broadway Ave. N Braham, MN 55006 address: Braham, MN 55006
Phone	Office Line: 320-396-3333 24 hour Children's CRISIS: 1-888-396-2015 Toll free 24 hour Adult's CRISIS: 1-800-523-3333 Toll free
Fax	320-396-0144
Email	anng@5cmhc.org
Days/Hours of service	7 days a week 9am-9pm (Children) Monday-Friday 9am-9pm Saturday-Sunday 10am-6pm (Adult)
Fee	Programs are free. Most insurance accepted.

Chisago County Health and Human Services' Behavioral Health Unit	
Target population	<i>Adults</i> who have serious, persistent mental illness and who meet qualifications for services. <i>Children</i> ages 0-18 years of age who have a severe emotional disturbance and meet certain qualifications for services.
Description of services	A case manager assists in gaining access to needed medical, social, educational, vocational, and other services related to needs. Community Support Services program helps to remain in the community. Family Community Support Services help to improve child's behavior, provide individual/family counseling, parent education.
Address	313 N Main Street, Room 239, Center City, MN 55012
Phone	Intake Unit: 651-213-5600
Website	www.co.chisago.mn.us

Email	See website under Contact Us.
Days/Hours of service	Monday-Friday 8am-4:30pm
Fee	Accept Medical Assistance, UCare, Medica, HealthPartners

Fairview Chisago Dual Day Treatment Program	
Target population	Adolescents ages 12-18
Description of services	Chemical dependency and mental health treatment as well as developmental asset building and spirituality. School is provided to meet educational needs while attending program. Aftercare groups.
Address	11725 Stinson Ave. Chisago City 55013
Phone	651-213-8060; Intake: 612-672-2736
Fax	651-257-9237
Email	www.dual-diagnosisdrug-rehab.com
Days/Hours of service	Monday-Friday, outpatient setting.
Fee	Contact billing department 612-672-4401 with questions regarding admission costs or insurance coverage for programs.

Fairview Counseling Center- Chisago Lakes Clinic	
Target population	Children ages 3 and up, adolescents, adults
Description of services	Individual and family therapy addressing depression, anxiety, women's issues, parenting issues, school issues, Attention Deficit Hyperactivity Disorder. Chemical dependency and mental health programs.
Address	11725 Stinson Ave Chisago City 55013
Phone	612-672-6999
Fax	651-257-8495
Website	www.fairview.org
Days/Hours of service	M 8am-8pm; T-F 8:30 am - 5 pm
Fee	Accept wide range of health plans, as well as private insurance, Medical Assistance, Medicare and private pay. Questions call 612-672-6600 or 800-233-7503.

Family Based Therapy Associates	
Target population	Individuals, couples, families
Description of services	Individual, couple, family, play therapy, psychological assessment. Clinic-based counseling and in-home family therapy services. <ul style="list-style-type: none"> • Children and adolescents behavioral and school problems • ADHD • Depression and anxiety • Grief and loss • Parenting concerns • Autism spectrum disorders • Developmental disabilities • Couples' problems • Step and blended family counseling • Anger management and conflict resolution

	<ul style="list-style-type: none"> • Chronic illness • Recovery from physical, sexual or emotional trauma • Assessment and counseling for bariatric surgery patients • Veterans' emotional health
Address	11549 Lake Lane, Suite 2, Chisago City, MN 55013
Phone	651-257-2733
Fax	651-257-2783
Website	www.fbta.biz
Email	See website under Contact Us.
Days/Hours of service	Information dial ext. 10 for Randy Wallace
Fee	<p>Insurances accepted:</p> <ul style="list-style-type: none"> • Blue cross blue shield • Health Partners • Medica/United Behavioral Health • Medical Assistance • Medicare • Midwest EAP Solutions • Minnesota Care • OPTUM • Preferred One • Sandcreek EAP • South Country Health Alliance • Tricare • Ucare Minnesota • Value Options <p>Fee for service payments and co-payments are due at the time of appointment. Deductibles and co-insurance will be determined when claim is processed by insurance company. Accepted methods of payment are cash, check and VISA/MasterCard.</p>

Haven Center Counseling	
Target population	East Central Minnesota
Description of services	Faith-based non -profit counseling agency. Clinic and community-based services. Haven Center offers a wide variety of therapy, counseling and coaching services, along with many different classes, groups, seminars and retreats.
Address	Box 723, 5833 Pecan St, Suite A2, North Branch, MN. 55056
Phone	651-277-4283
Website	www.mnhavencenter.org , info@mnhavencenter.org
Days/Hours of service	
Fee	Most insurance accepted

Hazelden - Mental Health Services	
Target population	Recovering youth and adults and their family members
Description of services	Broad range of outpatient mental health and counseling. Mental health center provides professional assessment,

	consultative and treatment programs specializing in addiction and co-occurring disorders
Address	15251 Pleasant Valley Rd. Center City MN 55012
Phone	1-800-257-7810 or 651-213-4200
Fax	651-213-4411
Website	www.hazelden.org
Email	info@hazelden.org
Days/Hours of service	7 days a week/24 hours a day
Fee	Outpatient services provided on fee-for-service basis. Accepts some insurance plans. If unable to afford services, financial assistance may be available. Questions about fees or insurance coverage call 800-257-7810.

Hope Counseling & Education	
Target population	Individual, marriage/couple, family, child, adolescents
Description of services	Full range of mental health services including depression, anxiety, addictive behaviors, eating disorders, relationship issues, abuse/trauma, grief, child/adolescent behavior problems, blended and step family issues.
Address	26357 Forest Blvd. Wyoming, MN 55092
Phone	651-462-6644
Days/Hours of service	Monday-Thursday, day and evening appointments available.
Website	Hopecounselingedu.com
Email	Laknermu.yahoo.com
Fee	Insurance reimbursement. Sliding fee scale available.

Veterans' Services - Chisago County	
Target population	Veterans and their families
Description of services	Provides guidance and assistance to veterans and their dependents.
Address	313 N. Main Street, Room 239, Center City, MN 55012
Phone	651-213-5680
Fax	651-213-5701
Website	www.co.chisago.mn.us or vetserv@co.chisago.mn.us
Email	Veteran Services Officer, Al Budde aabudde@co.chisago.mn.us

(Washington)

Bridges and Pathways Counseling Services	
Target population	Children, adolescents and adults.
Description of services	Psychological assessments, hypnosis, play therapy, resources for gambling addiction, domestic abuse survivor's group.
Address	1068 S Lake St. Suite #109 Forest Lake 55025
Phone	651-982-4792
Fax	651-982-6035
Email	nancyhertz@mail.com or www.bridges-pathways.com
Days/Hours of service	Monday 11am-8pm, Tuesday & Wednesday 9am-8pm, Thursday 10am-9pm, Friday 9am-5pm, Sat 9am-noon

Fee	Sliding fee scale available. Accepts Medical Assistance, Minnesota Care, Preferred one, Metropolitan Health Plan, Health Partners, Medica and Blue Cross Blue Shield. Call for updated insurance information.
Days/Hours of service	Monday-Friday 8am-4:30pm (Offices closed during most legal holidays.)

Canvas Health	
Target population	Children, adults, families
Description of services	Comprehensive psychological and psychiatric assessment and treatment of emotional disturbance, mental illness, chemical dependency, physical and sexual abuse, services for seniors, and individual and group therapy for children, parents, and families.
Address	121 11 th Ave. SE Forest Lake 55025 375 East Orleans St. Stillwater 55082
Phone	651-777-5222 651-777-5222
Fax	651-251-5279 651-351-3155
Website	www.hsicare.org
Email	info@hsicare.org
Days/Hours of service	Monday, Wednesday, Friday 8am-5pm Tuesday and Thursday 8am-9pm Monday-Wed 8am-9pm Thursday 8am - 6pm Friday 8am-5pm
Fee	Any insurance accepted.

Family Means	
Target population	Individual, couple, group and family
Description of services	Individual, couple, group and family counseling and psychiatric care to help children, adolescents, adults, and older adults deal with issues.
Address	1875 Northwestern Avenue S. Stillwater 55082
Phone	651-439-4840
Fax	651-439-4894
Website	familymeans.org
Email	www.familymeans@familymeans.org
Days/Hours of service	Weekday, evening, and some weekend hours available for appointments.
Fee	Accepts most insurance and Medical Assistance. Offers sliding fee scale for uninsured.

Fairview Counseling Center- Forest Lake Clinic	
Target population	Children ages 5 and up, adolescents, adults
Description of services	Outpatient individual, couples and family mental health counseling
Address	Town Square Building 20 N. Lake Dr., Suite #210 Forest Lake 55025
Phone	612-672-6999

Fax	651-464-4847
Website	www.fairview.org
Days/Hours of service	Monday-Friday
Fee	Accept wide range of health plans, as well as private insurance, Medical Assistance, Medicare and private pay. Questions call 612-672-6600 or 800-233-7503.

Lakes Area Human Services	
Target population	Children, adolescents, adults, older adults.
Description of services	Counseling and mental health services for marriages and families.
Address	1068 S Lake St. Suite 12 Forest Lake 55025
Phone	651-464-2194
Fax	651-464-5744
Website	www.lakesareahs.qwest
Email	lahs@qwest.net
Days/Hours of service	Monday-Friday, 9am - 4:30 pm
Fee	Most insurance accepted.

Lakes Area Youth Service Bureau	
Target population	Youth, ages 10-18 and their families who reside in Forest Lake Area School District in Washington and Anoka Counties and all of Chisago County.
Description of services	Programs that ensure success of youth: youth and family counseling, parent education and resources, early intervention, teen intervene, prevention, volunteer opportunities, free telephone consultations.
Address	244 North Lake Street Forest Lake 55025
Phone	651-464-3685
Fax	651-464-3687
Website	www.ytblakesare.org
Days/Hours of service	Telephone hours, M,T,Th 9:00am-7:30pm; W 9:00am- 5:30 pm; F 9:00am - 4:00 pm
Fee	Dependent on the type of counseling.

Washington County Child and Adult Social Services (Intake)	
Target population	<i>Adults</i> with serious and persistent mental health illness. <i>Children</i> ages 0-17 years old with a severe emotional disorder.
Description of services	Mental health case management services. Providing resources and referrals, social rehabilitation, outpatient individual/group therapy, chemical health services, or psychiatric services.
Address	14949 62 nd St. N PO BOX 30 Stillwater 55082
Phone	651-430-6000

Fax	651-430-8340
Website	www.co.washington.mn.us
Days/Hours of service	Monday-Friday 8am-4:30pm
Fee	Contact insurance provider for a list of mental health professionals and psychiatrists within network coverage.

Washington County Youth- live healthy, live happy	
Description of services	Local health and resource information for teens
Phone	651-430-6724
Website	www.wacy.org

Veterans' Services- Washington County	
Target population	Veterans and their families
Description of services	Provides guidance and assistance to veterans and their dependents.
Address	14949 62 nd St N, Stillwater, MN 55082-0006
Phone	651-430-6895, 651-430-6578, 651-430-8342
Fax	651-430-6832
Website	www.co.washington.mn.us
Email	vetservices@co.washington.mn.us
Days/Hours of service	Monday-Friday 8am-4:30pm (Offices closed during legal holidays)

Counselors

Cathy Skrip- M.S., Licensed Psychologist.....651-464-8918
20 N. Lake St. Suite 308 Forest Lake 55025

Dr. Stanley Ferneyhough- Clinical Neuropsychologist.....320-464-6900
20 N. Lake St. Suite 320 Forest Lake 55025

(GENERAL INFORMATION AND WEBSITES ON MENTAL HEALTH)

Mental Health America	
Description of services	Offers visitors an online depression screening test
Website	www.mentalhealthamerica.net

Minnesota Association for Children's Mental Health (MACMH)	
Description of services	Parent support group information
Phone	651-644-7333 or 1-800 528-4511
Website	www.macmh.org

Minnesota Mental Health Association	
Description of services	Information on depression and REACH support groups for family and friends of people with depression
Phone	612-331-6840
Website	www.mentalhealthmn.org

National Alliance for the Mentally Ill-Minnesota	
Description of services	Patient advocacy and support group information
Phone	651-645-2948
Website	www.namimn.org

National Institute of Mental Health	
Website	www.nimh.nih.gov

Postpartum Support International	
Phone	1-800-944-4PDD
Website	www.postpartum.net

SAVE- Suicide Awareness Voices of Education	
Description of services	Information on depression and suicide prevention
Phone	952-946-7998
Website	www.save.org

Created and compiled by:
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