



FROM **STATISTICS**
TO **SOLUTIONS** 2019

addressing underlying issues of youth substance use

Resource Guide
May 2019


May 10, 2018

In Minnesota, we are blessed with numerous resources to help young people and their families – yet finding these remains a challenge. There are few, if any, resource guides online or in print. Often word of mouth is the primary way families find help. But, where to start?

If there's one thing I've learned as the parent of a young person struggling with mental health and substance use disorder, it's that you have to start somewhere. Over the years, I've pulled a number of resources and with the help of several students from St. Cloud State University, the College of St. Olaf, and Metropolitan State University, this Resource Guide started to take shape.

In the year head, Our Young Addicts and Know the Truth aim to create an easy-to-use, comprehensive resource guide.

Many thanks to the organizations that responded to our request for information. And even more thanks to individuals who have shared resources. Our "first edition" remains a work in progress.



Rose McKinney
Our Young Addicts

Tracee Anderson
Know the Truth / MN Adult & Teen Challenge



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In addition to all the resources included, here are two key repositories for information:

Fast-Tracker MN - an all new resource to find mental health and substance-use disorder treatment.

The website is www.fast-trackermn.org Fast-Tracker is a virtual community and health care connection resource. We connect individuals, families, mental health and substance use disorder providers, physicians, care coordinators, and others with a real-

Treatment for Substance Use and Co-occurring Disorders

Addiction Treatment

Eating Disorders

Intervention Services

Mental Health and Wellbeing

Recovery Programs

Recovery Coaching and Services

Recovery Schools

time, searchable directory of mental health and substance use disorder resources and their availability within Minnesota.

Substance Use in Minnesota (SUMN)

Statistics of substance use in Minnesota.
<http://www.sumn.org/>

Additional Community Support

Community Coalitions

Housing and Emergency Services

Law Enforcement

Overdose Prevention

Prevention

Reproductive and Sexual Health

Resources for Parents, Family and Friends

Suicide Prevention

Support Groups

Treatment for Substance Use and Co-occurring Disorders

Addiction Treatment

AA Alternatives of Minnesota

Substance use outpatient individualized treatment. Located in St. Paul.

651-645-6100

www.aa-alternatives.com

Addiction Intervention Recovery Resources of Minnesota

Substance use outpatient program. Located in Wayzata.

www.airrmn.org

Alltyr

Outpatient clinic offering a wide variety of treatments, located in St. Paul.

651-348-7611

www.alltyr.com

Alma Wellness Center

Alcoholism treatment program. Located in St. Paul.

651-408-3060

Anthony Louis Center

Substance use treatment for ages 13-18.

1000 Paul Parkway

Blaine, MN 55434

763-757-2906

www.anthonylouiscenter.com

Central MN Mental Health Center

Outpatient substance use treatment, one location includes adolescent treatment. Locations in Buffalo, Monticello and St. Cloud. Monticello program is open to adolescents and adults. The other locations are 18+.

320-257-4222

www.cmmhc.org

Club Recovery

Substance use outpatient treatment.

6550 York Ave S, Suite 620

Edina, MN 55425

952-926-2526

www.clubrecoveryllc.com

Come Straight Home

Alcohol recovery program.

505 Summit Ave

St Paul, MN 55102

651-399-5181

Conceptual Counseling

Substance use outpatient program located in St. Paul.

651-221-0334

www.conceptualcounseling.com

Faith Family Recovery Center of Maple Grove

Substance use treatment based in Christian faith. Located in Maple Grove.

763-308-4753

www.ffrllc.com

Five Stars Recovery Center

Residential and outpatient substance use treatment center located in Chaska. Residential program is adult-only.

952-448-6557

www.fivestarsrecoverycenter.org

Haven Chemical Health Systems

Substance use residential and outpatient treatment centers, some are gender specific. Locations in Cloquet, Waconia, Woodbury, Shakopee, Scandia, Mendota Heights, and Farmington.

651-734-9633

www.havenchemicalhealth.com

Hazelden Betty Ford

Residential and outpatient treatment with locations in Center City, Chaska, Maple Grove, Plymouth, and St. Paul.

1-866-831-5700

www.hazeldenbettyford.org

Health Recovery Center

Substance use outpatient treatment incorporating biochemical repair and therapy. Located in Minneapolis.

800-554-9155

www.healthrecovery.com

Huss Center for Recovery

Substance use and mental health treatment outpatient and residential programs for men and women. Located in St. Paul.

651-774-0011

www.peopleincorporated.org/program/huss-center-for-recovery/

Kodiak Recovery

Kodiak Recovery is a trauma-informed, full-service mental health care center for individuals and families who have faced addiction, co-occurring disorders, eating disorders and other addictive/compulsive behaviors.

Located in Minneapolis

952-999-7750

<http://kodiakrecovery.com>

Meridian Behavioral Health

Residential and outpatient gender specific substance use treatment. Locations in St. Paul, Stillwater, Mahtomedi, East Grand Forks, Rochester, Pine City, Brainerd, Eagan, Minnetonka.

1-877-367-1715

www.meridianprograms.com

Micah House

Substance use, faith based recovery inpatient and outpatient treatment. Located in Minneapolis.

612-314-2460

www.victorythoughfaith.com

MN Adult & Teen Challenge

Substance use treatment with short-term residential and outpatient programs as well as a long-term faith-based recovery program. Locations in Minneapolis, Rochester, Duluth, Buffalo, and Brainerd.

612-FREEDOM (612- 373-3366)

www.mntc.org

NorthStar Regional

Substance use outpatient treatment center using a co-occurring disorders approach. Located in Chanhassen.

952-470-7454

www.northstarregional.com

New Season Treatment Centers

Opioid outpatient treatment centers. Locations in Roseville, Burnsville, Rochester, and St. Cloud.

1-877-284-7074

www.newseason.com

NuWay

Residential and outpatient treatment programs for men and women. Co-occurring disorders treatment approach. Locations in Minneapolis and St. Paul.

612-767-0309

www.nuwayhouse.org

Options Family

Variety of services include adolescent outpatient treatment, parent counseling, assessment services, drug testing, family counseling, and other community services. Located in Burnsville and Roseville.

952-564-3000

www.optionsfamily.com

On-Belay House Anthony Louis Center

Substance use programs throughout the Twin Cities for ages 13-18 with programs specifically for females, males, or both. Locations in Blaine, Burnsville, Eden Prairie, Plymouth, and Woodbury.

On-Belay House

7170 Bryant Lake Dr.

Eden Prairie, MN 55344

763-316-3282

www.anthonylouiscenter.com

Omegon Inc.

Substance use and mental health treatment for ages 12 to 17. Located in Hopkins.

2000 Hopkins Crossroad

Minnetonka, MN 55305

952-541-4738

www.voamnwi.org/omegon

Options Family

Variety of services include adolescent outpatient treatment, parent counseling, assessment services, drug testing, family counseling, and other community services. Located in Burnsville and Roseville.

952-564-3000

www.optionsfamily.com

One Twelve

Residential substance use treatment center for men.

12218 Lake Street Extension

Minnetonka, Minnesota 55305

952-513-7475

www.onetwelve.org

Park Avenue Center

Substance use and mental health gender-specific outpatient treatment. Located in Minneapolis.

612-871-7443

www.parkavenuecenter.com

Partners in Recovery

Substance use outpatient treatment program. Serving ages 16+. Located in Roseville.

651-433-5505

www.partnersinrecovery.net

Phoenix Recovery Program

Outpatient and residential treatment for adolescents and adults recovering from substance use.

Locations in Maplewood and Mankato.

651-403-6409

www.phoenixrecoveryprograms.com

PRIDE Institute

Substance use and mental health treatment for GLBTQA+ community. Residential treatment in

Eden Prairie, and outpatient services in Minneapolis.

800-547-7433

www.pride-institute.com

Progress Valley

Gender specific treatment programs. Residential programs, but after completion of a residential program an outpatient program is available. Locations in Minneapolis, Bloomington and Richfield.

952-374-5540

www.progressvalley.org

Recovering Hope Treatment Center

Residential facility dedicated to providing individualized treatment for drug and alcohol addiction for women 18 years and older, pregnant women and women with children up to the age of five. Located in Mora.

844-314-HOPE (4673)

www.recoveringhope.life

Reformers Unanimous Addictions Recovery Program- First Judicial District

Christ-centered outpatient and inpatient substance use recovery program. Located in Shakopee.

952-807-1515

www.rurecovery.com

Resurrection Recovery

Outpatient substance use treatment targeted at the homeless population. Located in St. Paul.

651-702-2700

www.resurrectionrecovery.com

River Ridge

Holistic outpatient substance use and mental health treatment, assessments, and education programs. Location in Bloomington and Burnsville.

952-894-7722

www.riverridgemn.com

Riverplace Counseling Centers

Substance use gender-specific outpatient programs. Locations in Anoka and Elk River.

763-421-5590

www.riverplacecenter.com

The Retreat

Drug and alcohol residential program based on 12-step program of AA for ages 18+.

1221 Wayzata Blvd E

Wayzata, MN 55391

952-476-0566

www.theretreat.org

Sage Prairie

Outpatient substance use treatment. Additional peer & family group meetings. Located in Burnsville.

877-915-7243

www.sageprairie.org

Specialized Treatment Services

Opioid outpatient treatment with locations in Minneapolis, Brooklyn Park, and St. Paul.

612-902-5915

www.stsmn.com/index.html

Tennison Consulting

Substance use counseling for teens, adults, and families. Located in Edina.

952-831-0422

www.tennisonconsulting.com

Time To Change

Substance use inpatient and outpatient programs for all ages, as well as relapse prevention treatment. Located in Bloomington.

952-358-1009

www.time2changeallc.com

Transitions Recovery Programs

Substance use outpatient treatment and further counseling after completion of treatment. Located in St. Paul.

651-529-8900

www.transitions.pro

Turning Point

An organization for the African American community with various programs, both residential and outpatient. Located in Minneapolis.

612-520-4004

www.ourturningpoint.org

University of Minnesota Medical Center-Fairview

Substance use treatment for ages 12+. They offer inpatient, residential, day treatment/ outpatient, and partial hospitalization. Locations in Minneapolis, Burnsville, Edina, Crystal, Forest Lake, Chisago City, Elk River, and Maplewood.

Inpatient phone: 612-672-6600

Outpatient phone: 612-672-2736

www.mhealth.org

Valhalla Place

Substance use outpatient treatment programs following a harm reduction approach. Locations in Woodbury and Brooklyn Park.

651-925-8200

www.valhallaplace.com

Vinland National Center

Substance use treatment for individuals with brain injuries and cognitive impairments, with both residential and outpatient services. Locations in Loretto and Minneapolis.

763-479-3555

www.vinlandcenter.org

Wayside House

Recovery services for women. Includes counseling, shelter, and other services.

952-926-5626

www.waysidehouse.org

We Care Counseling Center

Substance use outpatient counseling for the individual and family. Located in St. Paul.

651-777-4233

www.wecarecounselingmn.com

Women For Sobriety

Substance use self-help group for women. Located in St. Paul.

651-224-0328

www.womenforsobriety.org

Eating Disorders

Melrose Center

Eating disorder treatment. Locations in St. Louis Park, St. Paul, and Maple Grove.

952- 993-6200

www.parknicollet.com/SpecialtyCenters/Melrose-Center

The Emily Program

Eating disorder residential and outpatient treatment for adolescents and adults. Locations in Duluth, Minneapolis, St. Louis Park, St. Paul, and Woodbury. Check website for details on locations.

1-888-EMILY-77

www.emilyprogram.com

Intervention Services

AiR Family

Provide intervention services as well as counseling. Located in St. Paul.

800-561-8158

www.a-i-r.com

Drew Horowitz & Associates

Counseling services that can provide intervention help as well as mental health and family counseling. Located in St. Paul.

800-731-0854

www.drewhorowitzassociates.com

Youth Service Bureau, Inc. (YSB)

Early intervention program for teens and parents, and has a chemical awareness class two nights a week. Locations in Stillwater, Woodbury, and Cottage Grove.

Stillwater: 651-439-8800

Woodbury: 651-735-9534

Cottage Grove: 651-458-5224

www.ysb.net

Mental Health and Wellbeing

Canvas Health Crisis Connection (Anoka County Crisis)

Mental health and crisis counseling services. Locations in Cambridge, Coon Rapids, Cottage Grove, Forest Lake, North Branch, Oak Park Heights, Oakdale, Richfield, Stillwater, and West St. Paul.

651-777-5222

www.canvashealth.org

Cedar Valley

Mental health counseling for all ages and families. Located in Eagan.

651-688-0488

www.cedarvalleytherapy.com

Central MN Mental Health Center (CMMHC)

Outpatient mental health center with locations in Buffalo, Elk River, Monticello, and St. Cloud.

www.cmmhc.org/wp-content/uploads/2017/02/AllProgramHandout-r2-24-2017.pdf

Community for Teens and Young Adults with Mental Disorders

Community page where people can share their experiences with addiction and mental health problems.

1-800-273-TALK

www.ok2talk.org

Cornerstone Therapy and Recovery Center P.A.

Mental health counseling. Locations in St. Paul and Burnsville.

651-645-0980

www.cornerstonetherapyandrecovery.com

Dr.LutherMD

Recovery-Focused Primary Care

612-554-5942

www.drluthermd.com

Headway Emotional Health Services

Outpatient mental health services and counseling. Located in Richfield.

612-223-6701

www.headway.org

Health Recovery Center

Mental health outpatient treatment incorporating biochemical repair and therapy. Located in Minneapolis.

800-554-9155

www.healthrecovery.com

Hennepin County Mental Health

Online resources with links and services.

For a crisis involving someone 17 years old and younger, call 612-348-2233

For a crisis involving someone 18 or older, call 612-596-1223

www.hennepin.us

Huss Center for Recovery

Mental health treatment outpatient and residential programs for men and women. Located in St. Paul.

651-774-0011

www.peopleincorporated.org/program/huss-center-for-recovery/

Lee Carlson Center

Mental health services for all ages and families. Located in Fridley.

763-780-3036

www.leecarlsoncenter.org

Marbles

Marbles iOS and android apps provide free and anonymous mental health support at your fingertips. Track your mental and emotional health and get connected to caring peers who can anonymously guide you through your toughest mental health challenges.

www.livebeyondthelabel.com

Metro Children's Crisis Response Services

Mental health crisis hotline open all hours.

763-755-3801 or 651-774-7000

www.childcrisisresponsemn.org

MHealth - NAVIGATE Team

First Episode of Psychosis Treatment Team. Located in St. Louis Park.

www.psychiatry.umn.edu/clinical-services/specialty-clinics/navigate

To Refer:

University of Minnesota

Psychiatry Clinic Intake Department

612-273-8700, option 2

www.mhealth.org/Psychosis

MHS

Mental health programs using Dialectical Behavior Therapy. Programs specific to adults, adolescents, early adolescents, and the disabled. Locations in Roseville, Woodbury, Plymouth, and Edina.

www.mhs-dbt.com/locations/central-metro/

Millennium Health

Specialty laboratory serving clinicians treating patients with chronic pain, behavioral health, or substance use disorders.

866- 866-0605

www.millenniumhealth.com

Minnesota Alternatives

Outpatient mental health services and substance-use disorder treatment. Located in Spring Lake Park.

763-789-4895

www.mnalternatives.com

Minnesota Board of Behavioral Health and Therapy

The mission of the Board of Behavioral Health and Therapy is to protect the public through effective licensure and enforcement of the statutes and rules governing its licensees to ensure a standard of competent and ethical practice.

612-548-2177

www.mn.gov/boards/behavioral-health

Nystrom & Associates

Mental health counseling. Located in a variety of communities throughout the Metro area.

763-767-3350

www.nystromcounseling.com/

Partners in Recovery

Mental health outpatient treatment serving ages 16+. Located in Roseville.

651-433-5505

www.partnersinrecovery.net

People Incorporated Mental Health Services

Nonprofit that supports mental health and wellness through the collaboration and integration of care.

2060 Centre Pointe Blvd

Suite 3

St. Paul, MN 55120

651-774-0011

www.peopleincorporated.org/

PrairieCare

Outpatient and residential mental health treatment. Locations in Brooklyn Park, Chaska, Edina, Maple Grove, Maplewood, Rochester, and Woodbury.

888-9-PRAIRIE

www.prairie-care.com

PRIDE Institute

Mental health treatment for GLBTQA+ community. Residential treatment in Eden Prairie, and outpatient services in Minneapolis.

800-547-7433

www.pride-institute.com

Ramsey County Detox Center

Mental and behavioral health programs, this connects you with other programs and agencies. Serving children and adults. Located in St. Paul.

651-362-1250

www.ramseycounty.us/residents/health-medical/clinics-services/mental-health

River Ridge

Mental health assessment and treatment. Located in Burnsville.

952-894-7722

www.riverridgemn.com

Student Mental Health: A Guide to Identifying Disorders and Promoting Wellness

Website with content relating to mental health during college.

www.affordablecollegesonline.org/college-student-mental-health/

Traverse Counseling & Consulting

Therapists specializing in relationship repair, healing and growth toward mental, emotional, physical and spiritual wellness. Located in St. Louis Park.

952-595-5967

www.traversecc.org

TreeHouse

Support programs for At-Risk teens. Locations in Bloomington, Eden Prairie, New Hope, Brooklyn Park, Lakeville, Plymouth, Chaska, Mahtomedi, St. Louis Park, Eagan and Minnetonka.

952-238-1010

www.treehouseyouth.org

Tubman

Provides mental health counseling. Locations in Minneapolis and Maplewood.

612-825-0000

www.tubman.org

Valhalla Place

Mental health outpatient and substance-use disorder treatment programs following a harm-reduction approach. Locations in Woodbury and Brooklyn Park.

651-925-8200

www.valhallaplace.com

University of Minnesota Medical Center-Fairview

Mental health treatment for ages 12+. They offer inpatient, residential, day treatment/ outpatient, and partial hospitalization. Locations in Minneapolis, Burnsville, Edina, Crystal, Forest Lake, Chisago City, Elk River, and Maplewood.

www.mhealth.org

Youth Service Bureau, Inc. (YSB)

Mental health youth and family counseling.

Stillwater, Woodbury, Cottage Grove.

Stillwater: 651-439-8800

Woodbury: 651-735-9534

Cottage Grove: 651-458-5224

www.ysb.net

Recovery Programs

Recovery Coaching and Services

Addiction Intervention Recovery Resources of Minnesota

Relapse prevention services and coaching. Located in Wayzata.

952-472-3444

www.airrmn.org

Assistance in Recovery (A.I.R.)

Substance-use recovery services for the individual and family. Located in St. Paul.

800-561-8158

www.a-o-r.com

Crossroads

Sober living, transitional housing. Located in Minneapolis.

866-719-0504

www.crossroadsaftercare.org

Drew Horowitz & Associates

Provides recovery services and counseling. Located in St. Paul.

800-731-0854

www.drewhorowitzassociates.com

MN Recovery Connection

MN Recovery Connection aims to promote awareness and establish a community of former drug addicts. Located in Minneapolis.

651-233-2080

www.minnesotarecovery.org

Recovery in Action Sober Housing

GLBT+ sober living residence.

Grand House

2004 Grand Ave S

Minneapolis, MN 55405

215-720-4660

Park Avenue House

www.sobermn.org

Resources Inc.

*Provides employment, educational opportunities, and chemical and mental health services.
There are 25 locations throughout Minnesota and the Twin Cities.*

1900 Chicago Avenue
Minneapolis, MN 55404
612-752-8000
www.resource-mn.org

St. Paul Sober Living

Sober living home for all genders and LGBT+ located in St Paul.

569 Selby Ave
St Paul, MN 55102
651-636-7775
www.stpaulsoberliving.com

Recovering U

Recovery program designed for individuals who are seeking recovery or are new to recovery as well as for families or loved ones of those with substance use disorders.

69098 Sheridan Ave S
Richfield, MN 55423
612-866-1056
www.recoveringu.com

Supportive Living Solutions

Sober housing program.

255 Summit Ave
St Paul, MN 55102
651-222-7587
www.gosupportive.com

Recovery Schools and Programs

APEX Recovery School

Must be 30 days sober and a commitment to recovery. Located in Rochester.

507-382-3999

kvendlhuisen@Rochester.k12.mn.us

Augsburg College

Largest collegiate recovery program in the nation. Licensed counselors and trained staff. Sober social experience.

612-330-1405

www.stepup@augsborg.edu

Central Freedom Recovery School

Recovery school in Mankato. Must have 30 days of proven sobriety and referral from previous school. Located in Mankato.

507-3887-3047

Kjohns2@isd77.k12.mn.us

Detroit Lakes Recovery School

Recovery school in Detroit Lakes. Must successfully complete treatment or making progress in a present program. Located in Detroit Lakes.

218-844-5687

Plundin@detlakes.k12.mn.us

Agoodwater@detlakes.k12.mn.us

INSIGHT Recovery School

Must be 3 weeks sober with a desire to stay sober and learn. Located in White Bear Lake.

651-773-6400 (ALC office)

651-773-6417 (Traci)

651-773-6414 (Beth)

Traci.bowermaster@isd624.org

Beth.samuelson@isd624.org

McKinley Recovery School

High school for Youth in Recovery. Located in Waite Park.

320-203-5682

shelly.green@isd742.org

P.E.A.S.E. Academy

Students go through an interview process and a must have a commitment to staying sober and learning. Located in Minneapolis.

612-378-1377

mdurchslag@mtcs.org

Minnesota State University Mankato

Recovery community in Mankato. Non-residential program. No direct costs associated with the college recovery community.

www.mnsu.edu/collegerecoverycommu/

The College of St. Scholastica

CLEAN Program is a community-based recovery program. Many different services and different levels of service. Sober residence is an option.

218-723-6527

www.css.edu/student-affairs/student-center-for-health-and-well-being/clean-a-collegiate-recovery-community.html

University of Minnesota Rochester

Recovery on Campus Community (ROC) is a living learning community on campus.

507-258-8671

www.r.umn.edu/admissions/undergraduate-admissions/bachelor-science-health-sciences/living-learning-communities/recovery-campus-community

Support Groups

Al-anon

A fellowship of family and friends troubled by someone's drinking who share their experience, strength, and hope in order to solve their common problems. We believe that alcoholism is a family illness and that changed attitudes can aid recovery. Multiple daily meetings including some more specifically for parents.

www.al-anon-alateen-msp.org

Alcoholics Anonymous

Multiple daily meetings where members share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

www.aaminnesota.org

Health Realization

Focuses on developing the individual's personal capacity to overcome his or her drug or alcohol problem. The goal is for the individual to gain control over their problem by integrating and practicing three principles in their daily life: Mind, Consciousness, and Thought.

[www.mnalternatives.com/AA Alternative Support Groups.pdf](http://www.mnalternatives.com/AA%20Alternative%20Support%20Groups.pdf)

Narcotics Anonymous

NA is a non-profit Fellowship or society of recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs.

www.naminnesota.org/

Secular Organizations for Sobriety (also known as Save Our Selves)

SOS encourages the use of science and reason to further develop insight into the nature of one's own drug addiction, rather than spiritual principles or God.

[www.mnalternatives.com/AA Alternative Support Groups.pdf](http://www.mnalternatives.com/AA%20Alternative%20Support%20Groups.pdf)

Smart Recovery

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.

[www.mnalternatives.com/AA Alternative Support Groups.pdf](http://www.mnalternatives.com/AA%20Alternative%20Support%20Groups.pdf)

Thrive Family Support

Helps support those who have family members or other key relationships that are struggling with substance abuse.

844-349-2911

www.thrivefamilysupport.org

Additional Community Support

Community Coalitions

Hopkins One Voice Coalition

Services to help promote healthy youth development and reduce substance use.

952-988-4323

www.hopkinsschools.org/parentsstudents/hcc-one-voice/who-we-are

Isanti County Substance Abuse Prevention and Recovery Coalition

Bringing together a variety of community stakeholders, professionals, town leaders, and residents to work collaboratively on preventing, reducing and addressing substance abuse in our community.

763-689-8141

www.icsaparc.wixsite.com/coalition

Partnership for Change

Identifying and implementing strategies that will affect community attitudes, perceptions, and beliefs around alcohol and other drugs.

Serving the Brooklyn Center, Osseo, and Robbinsdale School Districts.

763-581-3762

www.partnership4change.org

Tonka CARES

Minnnetonka schools based community coalition to reduce youth substance abuse.

www.minnetonkaschools.org/district/partners/tonka-cares

Winona County Alliance for Substance Abuse Prevention

Coalition of community members devoted to cultivating a drug-free culture for children and teens in the Winona area.

619 Huff St.

Winona, MN 55987

507-474-2727

www.winonacountyasap.org

Housing and Emergency Services

Alexandra House

Domestic and sexual violence services to women, men, youth, and families. Wide array of free of charge services, including 24-hour emergency shelter. Located in Blaine.

763- 80-2332

www.alexandrahouse.org

Bridge for Youth

Youth shelter with various services. Located in Minneapolis.

FREE 24-hour hotline

TEXT: 612-400-SAFE (7233)

CALL: 612-377-8800

www.bridgeforyouth.org

Diana Ahrens Crisis Residence

Residence with psychiatrist and mental health practitioners on site. Must be referred via Ramsey County Mental Health Crisis hotline.

651-645-9424

www.peopleincorporated.org/programs-services/mi-cd/diane-ahrens-crisis-residence/

Guild Incorporated's Maureen's House

Immediate services for food, clothing, and medical care. Private and semi-private rooms. Call 24/7 to see if a room is available.

612-267-5242

www.guildincorporated.org/services-programs/residential-services/maureen-g-heaney-guest-house

Hennepin County Front Door

Social services hotline for Hennepin county residents only.

612-348-3000

www.hennepin.us/residents/health-medical/adult-mental-health-services

Hennepin County Medical Center Acute Psychiatric Service

24/7 walk-in crisis intervention and treatment of behavioral emergencies. Hennepin county residents only.

612-873-2222

[www.hcmc.org/clinics/AcutePsychiatryServices/HCMC D 046151](http://www.hcmc.org/clinics/AcutePsychiatryServices/HCMC_D_046151)

Hope 4 Youth

Drop-in Center services to homeless youth. Located in Anoka.

763-323-2066

www.hope4youthmn.org

Lutheran Social Service (LSS)

Many services ranging from youth programs homeless and emergency youth shelters.

Residential and in-home services.

888-881-8261

www.lssmn.org

Minnesota Poison Control System

24/7 phone service that can walk people through naloxone administration, or answer questions and give advice about emergency treatment.

1-800-222-1222

www.mnpoison.org

Restoration Counseling & Community Services

Sober living facility for people transitioning from the criminal justice system. Located in St. Paul.

651-529-1600

<https://www.rccsprograms.com>

Tubman

Provides various services, such as shelter, legal services, mental health counseling, and much more. Located in Minneapolis.

612-825-0000

www.tubman.org

Sage Prairie

24-hour crisis support.

877-915-7243

www.sageprairie.org

UrgentCare for Adult Mental Health

Serving 18+ who are in Ramsey, Dakota, and Washington Counties.

651-266-7900

www.mentalhealthcrisisalliance.org

Walk In Counseling Center

Counseling and other services available with no appointments necessary. Locations in Minneapolis and St. Paul.

612-870-0565

www.walkin.org

Law Enforcement

Anoka County Sheriff's Office

13301 Hanson Blvd NW
Andover, MN 55304
763-323-5000
www.anokacounty.us

Dakota County Sheriff's Office

Located in Hastings.
651- 438-4700
www.dakotacountysheriff.org/

Drug Enforcement Administration

612-344-4100
www.dea.gov

Hennepin County Sheriff's Office

Located in Minneapolis.
612-348-3744
www.hennepinsheriff.org/

Ramsey County Sheriff's Office

Located in St. Paul.
651-266-8500
www.ramseycounty.us/

Sherburne County Sheriff's Office

*Sherburne County Substance Use
Prevention "SUP" Coalition.
Located in Elk River.*
763-765-3500
www.sherburnesupcoalition.org/

Washington County Drug Task Force

Located in Stillwater.
651-430-7853
www.co.washington.mn.us/

Washington County Sheriff's Office

15015 62nd St N

Stillwater, MN 55082

651- 430-7600

www.co.washington.mn.us/

Wright County

3800 Braddock Ave NE

Buffalo, MN 55313

763-682-1162

www.co.wright.mn.us/214/Sheriff

National Resources

Partnership for Drug Free Kids

www.drugfree.org

Parent's Toll Free Help Line

www.timetogetherp.drugfree.org/learn.helpline

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Find Treatment Locator

www.samhsa.gov/treatment/index.aspx

Overdose Prevention/Naloxone

Minnesota Poison Control System

24/7 phone service that can walk people through naloxone administration, or answer questions and give emergency treatment advice.

1-800-222-1222

www.mnpoison.org

Sage Prairie

Overdose prevention education courses.

Located in Burnsville.

877-915-7243

www.sageprairie.org

Steve Rummier Hope Network

Provides substance use services and has a list of resources available on website about drug overdose. Located in Minneapolis.

www.steverummierhopefoundation.org

Prevention

Edens Group

Educational website regarding substance use.

651-776-2100

www.edensgroup.com

Know The Truth

The substance-use prevention program for Minnesota Adult & Teen Challenge, targeted at middle and high school age students.

612-823-4913

www.mntc.org/get-help/know-the-truth/

Partners in Recovery

Hosts prevention seminars. Located in Roseville.

651-433-5505

www.partnersinrecovery.net

Drug Abuse Dialogues

Located in St. Paul.

651-485-3187

www.drugabusedialogues.com

Sherburne County Sheriff's Office

Sherburne County Substance Use Prevention "SUP" Coalition. Located in Elk River.

763-765-3500

www.sherburnesupcoalition.org/

True Foundation Counseling - True Teen Program

A program for teens that addresses a variety of issues from professionals about bullying, chemical substances, and relationship building. Located in Brooklyn Park.

763-657-1551

www.truefoundationcounselingservices.com/services/true-teen/

We Care Counseling Center

Relapse prevention counseling and services. Located in St. Paul.

651-777-4233

www.wecarecounselingmn.com

Winona County Alliance for Substance Abuse Prevention (ASAP)

Located in Winona.

507-474-2727

www.winonacountyasap.org

Youth Service Bureau, Inc. (YSB)

Chemical health promotion and substance use prevention services in three school districts.

Located in Stillwater, Woodbury, and Cottage Grove.

Stillwater: 651-439-8800

Woodbury: 651-735-9534

Cottage Grove: 651-458-5224

www.ysb.net

Reproductive and Sexual Health

Nucleus Clinic

Family and women's clinic providing a variety of services. Located in Coon Rapids.

763-755-5300

<http://www.nucleusclinic.org>

Planned Parenthood (numerous locations throughout the metro area and Minnesota)

Women and family health clinic providing a variety of services.

Brooklyn Park Clinic

763-560-3050

www.plannedparenthood.org

Sexualhealthmn.org

Family planning and STI hotline.

Text ASKMN to 66746

1-800-78FACTS

www.sexualhealthmn.org

Resources for Parents, Family and Friends

Joy Store

A safe place to tell your story and not feel so alone. We also sell Recovery Kits that are nice to send to loved ones who need some TLC.

612-806-4004

www.hopeandjoystore.com

Our Young Addicts

A community of parents and professionals concerned about the number of young people using drugs and alcohol. Co-host of the annual From Statistics to Solutions conference.

612-616-1529

www.ouryoungaddicts.com

Recovering U

Services for parents impacted by addiction.

Richfield, MN

612-866-1056

www.recoveringu.com

Your Teen for Parents

Magazine aimed at parents with teens.

www.yourteenmag.com

Youth Service Bureau, Inc. (YSB)

Provides practical tools and resources to better equip parents to talk to kids about issues and conflicts.

Stillwater, Woodbury, Cottage Grove.

Stillwater: 651-439-8800

Woodbury: 651-735-9534

Cottage Grove: 651-458-5224

www.ysb.net

Suicide Prevention

Canvas HealthCrisis Connection

24/7 crisis hotline.

612-379-6363

www.canvashealth.org/crisis-support/crisis-connection/

Casa de Esperanza

24/7 crisis hotline. Advocacy for Latina women and children.

651-772-1611

www.casadeesperanza.org

Hennepin County COPE

24/7 crisis hotline and professional in-person crisis help, services are available to all. Located in Minneapolis.

612-596-1223

www.hennepin.us/residents/emergencies/mental-health-emergencies

Hennepin County Medical Center Acute Psychiatric Service

24/7 walk-in crisis intervention and treatment of behavioral emergencies. Hennepin county residents only. Suicide hotline.

612-873-2222

[www.hcmc.org/clinics/AcutePsychiatryServices/HCMC D 046151](http://www.hcmc.org/clinics/AcutePsychiatryServices/HCMC_D_046151)

Lutheran Social Service (LSS)

Crisis hotline.

612-302-4600

National Suicide Prevention Lifeline

Suicide hotline. Website includes education and connections to help.

1-800-273-8255

www.suicidepreventionlifeline.org

Suicide Prevention Resource Center- Minnesota

Suicide prevention resources and statistics.

1-800-273-8255

www.sprc.org/states/minnesota

AFSP Greater Minnesota Chapter

Grassroots organization aimed at bringing together a community of people against suicide.

www.afsp.org/chapter/afsp-greater-minnesota

National Alliance on Mental Illness- Minnesota

Crisis support and resources.

651-645-2948

www.namihelps.org/education/suicide-prevention.html

UrgentCare for Adult Mental Health

Mobile crisis teams and crisis phone line.

651-266-7900

www.mentalhealthcrisisalliance.org

Apple Valley Suicide Hotline

24/7 hotline.

952-891-7171

Brainerd Suicide Hotline

24/7 crisis line and referral service.

218-828-4357

Duluth Suicide Hotline

24/7 crisis line

218-723-0099

1-800-720-3334

Luverne Crisis Hotline

24/7 crisis hotline.

1-800-642-1525

Mankato Crisis Hotline

24/7 suicide prevention hotline.

1-800-865-0606

Marshall Crisis Hotline

24/7 crisis hotline.

507-532-3236

Minneapolis Crisis Hotline

24/7 crisis hotline.

612-873-2222

Minneapolis/ St. Paul Crisis Hotline

24/7 crisis counseling.

612-379-6363

Minneapolis- Love Lines Crisis Center

24/7 crisis hotline.

612-379-1199

Owatonna Crisis Hotline

24/7 crisis hotline.

507-451-9100

Pipestone Crisis Hotline

24/7 crisis hotline.

1-800-642-1525

St. Paul Crisis Hotline

24/7 crisis hotline- services.

651-266-7900

24/7 crisis hotline-programs.

651-254-1000

Waconia Crisis Hotline

24/7 crisis intervention hotline.

952-442-7601

Washington County Crisis Hotline

24/7 crisis line.

651-777-4455

Willmar Crisis Hotline

24/7 crisis hotline.

1-800-992-1716

Winona Crisis Hotline

24/7 suicide crisis line.

1-800-362-8255

Worthington Crisis Hotline

24/7 crisis hotline.

1-800-642-1525