Greater St Cloud Area Early Childhood Mental Health Services

Family Support

Birthline
320-252-4150

Caritas Family Services
Cultural Transition Specialist
320-345-0490

Milestones
(formerly Child Care Choices)
320-251-5081
1-800-288-8549

Reach-Up, Inc
Head Start, Early Head Start
320-253-8110

Resource Training
and Solutions
320-255-3236

St Cloud Early
Childhood Programs
320-253-5828

Sartell-St. Stephen
Early Childhood Programs
320-656-3763

Sauk Rapids-Rice
Early Childhood Programs
320-255-8910

St. Cloud Area Family YMCA
320-253-2664

Youth For Christ
Teen Mom Support Group
320-251-8711

Emergency Services

Anna Marie's Alliance
320-253-6900

Four County Crisis
Response Team
1-800-635-8008 or
320-253-5555

Lutheran Social Service
St. Cloud Area Crisis Nursery
320-654-1090

Sherburne County Crisis
Nursery
763-241-2600
1-800-433-5239

St. Cloud Hospital
Behavioral Health
320-229-4977

Early Childhood Day Treatment

Catholic Charities Young Learners
Program (320)-229-6060

Greater MN Family Services
SEED Day Treatment
320-214-9692

Mental Health Services

Clinic receiving specialized training to embed ECMH research theory and practice into clinical services

Central MN Mental Health Center
320-252-5010 (Therapy)
320-230-0611 (Parent Grp)
320-200-8334 (0-5)
320-257-4222 (Integ. Grnt)

Greater MN Family Services
320-214-9692

Village Family Service Center
320-253-5930

Please see back page for more information on Mental Health Services

Specialty Assessment Clinics

CentraCare Behavioral Health
Services including:

Autism Spectrum Disorders Clinic

Fetal Alcohol Spectrum Disorders
Clinic

Children's Advocacy Center

1-800-742-4357

Special Education

Benton Stearns
Education District
320-252-8427

Help Me Grow
This is a referral point:
helpmegrow.org
1-866-693-4769

St. Cloud Area Early Childhood
Special Education
320-253-5828

Sartell– St Stephen Early Childhood
Special Education
320-656-3763

Sauk Rapids- Rice Early Childhood
Special Education
320-258-1160
320-255-8910

Rehabilitative Services

CentraCare Pediatric Rehabilitation
320-229-4976

Children's Therapy
Works
320-229-4069

Speech-Language & Hearing Clinic
St. Cloud State University
320-308-2092

SPOT Rehabilitation
320-259-4151

County Services

Benton County Human Services
320-968-5087

Sherburne County Public Health
763-765-4000
1800-433-5239

Stearns County Human Services
320-656-6000

Advocacy Organizations

Arc Midstate
320-251-7272
1-877-251-7272

Greater St. Cloud Area Thrive
320-258-1103

MOFAS
320-251-7272

NAMI of St. Cloud
320-654-2359

PACER
952-838-9000
1-800-537-2237

United Way of Central Minnesota
Early Learning: 320-252-0227
United Way 2-1-1: Dial 2-1-1 or
1-800-543-7709 (cell)
Online 2-1-1:
www.211unitedway.org

Website on children's mental health:
www. mnmentalhealth.org

November 2016

MINNESOTA THRIVE INITIATIVE
Promoting the Healthy Social and Emotional Development of Our Youngest Children
Greater St. Cloud Area Coalition

Family Support			
Birthline, Inc. 1411 W St. Germain Street Suite #5 St. Cloud, MN 56301 320-252-4150 www.birthline.org All services are confidential and free of charge. Pregnancy testing, one on one mentoring support through pregnancy & beyond. Birthline's Stepping Stones Educational Incentive Program provides prenatel health, nutrition, childbirth, breastfeeding, infant care, parenting skills, & relationship classes to expectant & new parents (infants under 6 months). Individuals and couples are able to earn baby supplies, gas cards, diapers, car seats, clothes, and other infant care items weekly. Mom connection groups for mom's with infants under 1 year and a monthly parent and baby playgroup.	**Milestones** **(Formerly Child Care Choices)** 2901 Clearwater Rd St. Cloud, MN 56301 800-288-8549 www.childcarechoices.net 320-251-5081 Child Care Choices, Inc. is a non-profit agency operating a number of programs focused on providing support to young children, their families and caregivers. Programs include Child Care Aware MN including Parent Aware, Early Learning Scholarships, Relatives As Parents, Child Care Liaison, and Child and Adult Care Food Program (CACFP).	**Reach-Up, Inc.** **Head Start/Early Head Start** 350 Highway 10 South St. Cloud, MN 56304 320-253-8110 www.reachupinc.org Reach Up Inc. provides Head Start, Early Head Start, child care and family support for eligible children and families in Benton, Stearns, and Sherburne Counties. Cost: No cost, eligibility based on income or special needs.	**Resource Training and Solutions** 137 23rd street south, Suite 201 Sartell, MN 56377 320-255-3236 www.resourcetraining.com Resource Training and Solutions offers community parenting workshops, resources for parents and professionals, customized behavior management systems, and parenting support groups. Cost: Fee for services, scholarships available for parenting workshops.
St Cloud Area ISD 742 **Early Childhood Ed. at Colt's Academy** 124 1st Ave SE PO Box 849 St. Joseph, MN 56374 320-253-5828 www.isd742.org 4 Star Parent Aware rated program. St. Cloud early childhood programs provide quality learning opportunities and resources for parents and their children birth-kindergarten age (including School Readiness Preschool, Early Childhood Family Education, parent/child classes, home visiting, family literacy, family support, and early childhood screening). Cost: Sliding fee scale. Applications for scholarships available.	**Sartell-St. Stephen ISD 748** **Early Childhood Programs** 212 3rd Avenue North Sartell, MN 56377 320-656-3763 www.sartell.k12.mn.us 4 Star Parent Aware rated program. Sartell-St Stephen early childhood programs provides quality learning opportunities and resources for parents and their children birth-kindergarten age, (including School Readiness Preschool, Early Childhood Family Education, parent/child classes, home visiting, family support, and early childhood screening). Cost: Sliding fee scale. Applications for scholarships available.	**Sauk Rapids-Rice ISD 47** **Early Childhood Programs** 30 S 4th Ave Sauk Rapids, MN 56379 320-255-8910 www.isd47.org 4 Star Parent Aware rated program. SR-R early childhood programs provides quality learning opportunities and resources for parents and their children birth-kindergarten age, (including School Readiness Preschool, Early Childhood Family Education, parent/child classes, home visiting, family support, and early childhood screening). Cost: Sliding fee scale. Applications for scholarships available.	**St. Cloud Area YMCA** 1530 Northway Drive St. Cloud, MN 56303 320-253-2664 www.scymca.org The St. Cloud Area Family YMCA is more than a fitness facility. It is a family orientated nonprofit organization that promotes Youth Development, Healthy Living and Social Responsibility with programs that enhance spirit, mind, and body. Cost: Fee for services and scholarships are available.
Youth for Christ **www.cmyfc.net** CMYFC, 203 Cooper Ave N. St. Cloud, MN 56303 (320) 251-8711 **Ministering to Teen Moms and Dads** Through the relationships formed at Parent Life, young mothers and fathers gain confidence, learn about parenting and life skills, and grow personally. We also offer a nursery with child care provided, so teen parents can experience the full capacity of the program. For more information contact our office at **320-251-8711**, or call Jenny Peterson, Ministry Site Coordinator, at **320-291-2497.**	**Caritas** **www.ccstcloud.org** **Catholic Charities Caritas Mental Health** Clinic is an outpatient counseling and behavioral health facility operating in St. Cloud and through satellite sites throughout Central Minnesota. The goal of our multi-disciplinary team is to promote the physical, social, emotional, and spiritual health and well-being of all people through its mental health services. General Information Catholic Charities 911 18th St N St. Cloud, MN 56303 Ph: 320-650-1550 Ph: 800-830-8254 Fax: 320-650-1528		

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Emergency Services			
Anna Marie's Alliance Po Box 367 St. Cloud MN 56303 320-253-6900 www.annamaries.org Anna Marie's is an emergency shelter for women and their children experiencing domestic violence. Anna Marie's also provides a 24 hours domestic violence crisis hotline. Children at Anna Marie's receive mental health screening and services as needed. Cost: No cost	**Four County Crisis Response Team** 320-253-5555 or 800-635-8008 24 hours a day/365 days a year 1321 13th Street North St. Cloud, MN 56303 The Crisis Response Team provides support and assistance to children and adults experiencing a mental health crisis. If needed, they will travel to your home or a community location. Cost: low-to-no cost to residents of Benton, Sherburne, Stearns, and Wright Counties.	Lutheran Social Service **St. Cloud Area Crisis Nursery** Emergency childcare 1206 6th Ave S St. Cloud, MN 56301 320-654-1090 www.lssmn.org/crisis_nurseries.htm LSS Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. LSS Crisis Nursery works with area providers to provide crisis nursery services when needed. Cost: No cost	**Sherburne County Crisis Nursery** 13880 Highway 10 Elk River, MN 55330 763-241-2600 1-800-433-5239 www.co.sherburne.mn.us Sherburne County Crisis Nursery offers parents, who are experiencing a stressful situation, a temporary, voluntary, safe place for children, ages infant to 12 years old, whether it's for a few hours or up to 72 continuous hours of care. Cost: No Cost
Early Childhood Day Treatment			
Catholic Charities Young Learners Program 1726 7th Ave South St. Cloud, MN 56301 320-229-6060 Fax: (320) 650-1599 To make a referral to the Young Learners Program or for information, please contact Clinical Supervisor Kara Rogers, LICSW; or email Kara at krogers@ccstcloud.org The Young Learners Program is a Children's Intensive Outpatient Day Treatment serving 3-6 year old children.	**Greater MN Family Services SEED Day Treament** Social Emotional Enrichment & Development Programs SEED is an 11 week program that utilizes a reserach-based curriculum. The program will run 3 days per week for 3 hours each day. A morning and afternoon session is offered. Space is limited. There is no Cost to families, the SEED Center involves no fees to parents. Seed utilizes insurance to offset the cost to families.		

Mental Health Services			
Central MN Mental Health Center 1321 13th St N St. Cloud, MN 56303 320-252-5010 (Therapy) 320-230-0611- (Therapy & Group) 320-200-8334 (0-5 Coordinator) 320-257-4222 (Integrated Grant) Four County Crisis Response Team 1-800-635-8008 or 320-253-5555 CMMHC offers family counseling, group counseling, and individual counseling for children birth to five and above. Cost: Fees are billed to insurance and a sliding fee scale is available.	**Greater Minnesota Family Services** 22 Wilson Ave NE #205 St. Cloud, MN 56303-0346 320-894-5039 Greater Minnesota Family Services assists individuals, children, and families who need help with emotional and social problems, including home based counseling and center based programs. Cost: Fees billed to insurance and a sliding fee scale is available.	.**Village Family Service Center** Stearns Financial Center 4140 Thelman Lane Suite 303 St. Cloud, MN 56301 Villagefamily.org 320-253-5930 Village Family Service Center provides a full range of services including in office counseling, home based counseling services, financial counseling, therapeutic services focused on trauma, postpartum/perinatal mood disorders and evidenced based therapy for children 0-5. Cost: Sliding fee scale, fees are billed to insurance and financial assistance as needed.	
CentraCare Behavioral Health Services			
Autism Spectrum Disorders Clinic Centracae Health Plaza 1900 Centracare Circle St. Cloud, MN 56303 Contact Clinic Scheduler: 320-229-4945 ext. 79919 Child and Adolescent Specialty Care provides mental health and Autism Spectrum Disorder assessments and referral for children ages 0-5. Cost: Fees are billed to insurance	**Fetal Alcohol Spectrum Disorders Clinic** Centracare Health Plaza 1900 Centracare Circle St. Cloud, MN 56303 Contact Clinic Scheduler: 320-229-4945 ext. 79919 Child and Adolescent Specialty Care provides mental health and fetal alcohol assessments and referrals for children ages 0-5. Cost: Fees are billed to insurance.		

Special Education			
Benton Stearns Education District 517 Second Street S PO Box 299 Sartell, MN 56377 320-252-8427 www.bentonstearns.k12.mn.us The education district provides low incidence special education services to our six member school districts. Including: Sartell-St. Stephen, Sauk Rapids-Rice, Holdingford, Foley, Kimball and ROCORI. Services include: Early Intervention (ECSE home based services for ages 0-3), Assistive Technology consultant, Occupational and Physical Therapy, School Psychologists, Teacher of the Deaf and Hard of Hearing, Vision Consultant and Autism Consultant, Speech/Language Clinicians Cost: No cost	**Help Me Grow –MN Parents Know** 1-866-693-4769 www.parentsknow.state.mn.us Help Me Grow is a child find/referral source for parents and professionals to refer children to when they have concerns about development or the child has a diagnosed medical condition. Referrals will be sent to local Early Intervention (ages 0-3) or Early Childhood Special Education (ages 3-6) programs for determination of eligibility, service coordination and on-going programming tor children who qualify. These services are provided through local school districts or education districts. (See Benton-Stearns Ed District and ISD 742 for more information about these local programs.) Referrals for children who reside in MN can be made by phone or online at: www.parentsknow.state.mn.us	**St. Cloud Early Childhood Special Education** Early Childhood Ed. at Colt's Academy 124 1st Ave SE PO Box 849 St. Joseph, MN 56374 320-253-5828 www.isd742.org Assessment - 320-252-0415 Early Childhood Special Education (ECSE) is a program that serves young children with special education needs age birth through age 7. Children who receive ECSE services have identified special education needs as defined by the special education eligibility criteria established by the State of Minnesota. Children qualify for ECSE services through a special education evaluation. Cost: No cost	**Sartell-St Stephen** **Early Childhood Special Education** 212 3rd Ave. N. Sartell, MN 56377 320-290-0277 Contact Person: Marlene Grindland www.sartell.k12.mn.us Early Childhood Special Education (ECSE) is a program that serves young children with special education needs age 3 through age 7. Children who receive ECSE services have identified special education needs as defined by the special education eligibility criteria established by the State of Minnesota. Children qualify for ECSE services through a special education evaluation. Cost: No cost
Sauk Rapids-Rice **Early Childhood Special Education** Hillside School 30 South 4th Ave. Sauk Rapids, MN 56379 320-255-8910 www.isd47.org Early Childhood Special Education (ECSE) is a program that serves young children with special education needs age 3 through age 7. Children who receive ECSE services have identified special education needs as defined by the special education eligibility criteria established by the State of Minnesota. Children qualify for ECSE services through a special education evaluation. Cost: No cost	**CentraCare Pediatrics Rehabilitation** CentraCare Plaza 1900 CentraCare Circle St. Cloud, MN 56303 320-229-4976 A multidisciplinary team works with caregivers and children to establish a plan which will allow a child to reach their fullest potential. Services include feeding program, sensory-based occupational therapy, serial casting, torticollis and plagiocephaly, constraint-induced movement therapy, and acuatic therapy. Cost: Accepts insurance.	**Speech-Language & Hearing Clinic** St Cloud State University Brown Hall 103 320-308-2092 jlarsen@stcloudstate.edu www.stcloudstate.edu/csd The speech and language pathology and audiology clinical services are provided by graduate and under-graduate students in the CSD (Communication Science and Disorders) department under the supervision of licensed and certified speech and language pathologist faculty. Cost: Sliding fee scale	**SPOT Rehabilitation** 2835 W. St. Germain #300 St. Cloud, MN 56301 Phone: 320-259-4151 Toll Free: 888-404-7768 www.spot-rehab.com/about.html SPOT Rehabilitation offers traditional and specialty physical, occupational, and speech therapy for children and adults. Cost: Accepts insurance and provides discounted fees for clients not carrying insurance.
Children's Therapy Works www.therapyworksMN.com 3315 Roosevelt Rd Suite 200A St. Cloud, MN 56301 Phone: 320-229-4069 Children's Therapy Works provides out-patient occupational therapy. Services include evaluation and direct treatment, consultation, parent and caregiver education, group home consultation, and training and educational workshops. A physician's order is required for an evaluation and any ongoing treatment for therapy. Children's Therapy Works contracts with most insurance companies.			

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County Services			
Benton County Human Services PO Box 740 Foley, MN 56329 320-968-5087 www.co.benton.mn.us	**Sherburne County Health and Human Services** **Sherburne County Government Center** 13880 Business Center Drive NW Elk River, MN 55330-1492 763-765-4000 www.co.sherburne.mn.us Toll Free 1-800-433-5239	**Stearns County Human Services** 705 Courthouse Square St. Cloud MN 56301 320-656-6075 www.co.stearns.mn.us Public Health 320-656-6000 Human Services 320-656-6000	
Each county has a wide variety of services to offer to families. Contact your local county for more information.			

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Advocacy			
Arc Midstate Regional Office PO Box 251 St. Cloud, MN 56302 Phone: 320-251-7272 Out of Area 877-251-7272 www.arcmidstate.org Arc Midstate is a grassroots organization that works with and for individuals with developmental disabilities and their families.	**Greater St Cloud Area Thrive** Hillside ECFE 30 S. 4th Ave. Sauk Rapids, MN 56379 320-258-1103 www.thrivingyoungminds.com The goal of GSAT is to create networks of local services that support the healthy social and emotional development of our community's youngest children ages 0-5 with special emphasis on the 0-3 population.	**Minnesota Organization of Fetal Alcohol Syndrome** Phone: 320-251-7272 Contact: Karrie Halbur www.mofas.com The Minnesota Organization of Fetal Alcohol syndrome (MOFAS) works collaboratively within communities to provide resources and support for families living with Fetal Alcohol Spectrum Disorders.	**NAMI: National Alliance on Mental Illness/ St. Cloud Area** P.O. Box 771 St. Cloud, MN 56302 Phone: 320-654-2359 www.namistcloud.com NAMI's focus is on national, state and community issues affecting children and adults who struggle with brain disorders. NAMI also provides help and support to their families.
PACER Center Phone: 952-838-9000 www.pacer.org PACER provides advocacy and programs for children and young adults with all disabilities, their parents and families, and professionals working with them.	**United Way2-1-1Community Helpline** Connects people with community resources that can help them, their friends, co-workers and family. A tremendous resource. To learn about a wide range of services that can help young families (support groups, basic needs advocacy, etc…) 2-1-1 is available in all of Minnesota. **Call 2-1-1 or 1-800-543-7709** **Available 24 hours a day.** **Confidential and free.** **Information also online:** **www.211unitedway.org**	**United Way of Central Minnesota** 921 1st Street North St. Cloud, MN 56303 1-320-252-0227 www.unitedwayhelps.org UWCM is a local organization dedicated to 5 key goals: Improving Early Learning, Access to Food, Building Life Skills of Youth, Increasing Financial Stability & Reduction of Homelessness. UWCM provides Imagination Library free book program for children, ages birth to 5th birthday; educational sessions focused on parenting and early learning; and invests donated funds in programs that focus on addressing early learning and literacy issues. Active Early Learning Community Solutions Team focuses on partnerships and advocacy.	