

# Resource Guide

# General Resources & Public Services

200 Elm Street North
Onamia, MN 56359
320-532-3154
www.mlhealth.org



### **Table of Contents**

This guide has been created as a convenience for our community and we hope it is a helpful resource to you. It is not intended to be a comprehensive listing of all service providers and programs.

This listing does not imply an endorsement of the resources listed (except for Mille Lacs Health System entities).

Telephone Numbers	3-4
Tobacco Cessation Programs	5-6
Transportation Resources	. 7-12
Veterans Services	13
Work/Career Resources	14-15

#### TELEPHONE NUMBERS

#### 211 - First Call for Help (United Way)

Wide range of resources from eviction resources to transportation and mental health/health care 651-291-0211

Toll free: 8000-543-7709 Text your zip code to 898-211

https://www.211.org/

### American Addiction Centers Hotline 888-730-5950

#### **Central Minnesota Council on Aging**

A comprehensive guide to valuable telephone numbers

#### **Resource Directory:**

- Information and Advocacy
- Legal Assistance
- Adult Day Services/Social Respite
- Homemaker, Chore, Home Repair Services
- Educational/Volunteer
- Long-Term Care Facilities/Nursing Homes
- Senior Centers/Clubs
- Financial/Energy Assistance
- Hospice Services
- Emergency Response Systems
- Caregiver & Support Services
- Transportation
- Home Health/Personal Care
- Nutrition/Meals

<u>2023-Full-Resource-Directory-2.15.23.pdf</u> (cmcoa.org)

#### **Disability MN**

Topics / Disability Minnesota (mn.gov)

#### **Disability Organizations**

PACER's Resource List of Disability
Organizations

#### **Gamblers Anonymous**

#### **Region V Adult Mental Health Initiative**

24 hour help line 855-222-5542

#### **MN Council on Disability**

Additional Resources | Minnesota Council On Disability (state.mn.us)

#### Medicare

800-633-4227

Welcome to Medicare | Medicare

#### **Mental Health Crisis Line**

Adult mental health crisis response phone numbers / Minnesota Department of Human Services (mn.gov)
320-253-5555
800-635-8008

 Aitkin County:
 800-462-5525

 Crow Wing County:
 800-462-5525

 Kanabec County:
 800-523-3333

 Mile Lacs County:
 800-523-3333

 Morrison County:
 800-462-5525



Center for Health Equity 651-201-5813

<u>Center for Health Promotion</u> 651-201-5400

<u>Child and Family Health Division</u> 651-201-3589

#### <u>District Offices – St. Cloud</u> 320-223-7300

### <u>Home Care and Assisted Living</u> 651-201-4200

### Maternal and Child Health 651-201-3650

### Office of Rural Health and Primary Care 651-201-3838

### NA (Narcotics Anonymous) 24-hour hotline 800-317-3222

Narcotics Anonymous 24 Hour Hotline | DrugAbuse.com

#### **National Council on Drug Abuse and**

Alcoholism (NCADD) 800-NCA-CALL

### National Domestic Violence Hotline 800-799-SAFE (7233)

#### National Suicide Prevention Lifeline:

988

#### Police (See also Law Enforcement)

133
805
137
507
250

Mille Lacs County Dispatch

838-860-8250
Onamia Dispatch: 320-983-8250
Onamia 320-532-3131
Pierz 320-468-0299
Tribal Police 320-532-3430

### SAMHSA National Alcohol and Drug Treatment Hotline

1-800-662-HFLP

#### **Social Security Administration**

800-772-1213

The United States Social Security Administration | SSA

### St. Cloud Hospital Behavior Access – Nurse Line 320-255-5774

#### Supplemental Nutrition Programs (WIC, CSFP)

651-215-8957 or 800-942-4030

Home - MN Dept. of Health (state.mn.us)

## Vulnerable Adults protection and elder abuse MAARC – Adult Abuse Reporting 844-880-1574

Notes:	

#### TOBACCO CESSATION PROGRAMS



CentraCare - River Campus Clinic – St. Cloud 1200 Sixth Avenue North St. Cloud, MN 56303 320-200-3200

CentraCare - River Campus Clinic | CentraCare

#### CentraCare Family Health Clinic - St. Cloud

1555 Northway Drive, Suite 200 St. Cloud, MN 56303 320-240-3157 800-575-2982

CentraCare - Family Health Clinic | CentraCare

### CentraCare – St. Cloud Hospital Addiction Services

3701 12<sup>th</sup> Street North, Suite 201 St. Cloud, MN 56303 320-229-3760 800-741-4357

<u>CentraCare – St. Cloud Hospital Addiction</u> Services | CentraCare

#### Essentia Health St. Joseph's - Baxter Clinic

13060 Isle Drive Baxter, MN 56425 218-828-2880 844-403-7010

<u>Tobacco Education & Cessation | Essentia</u> Health | MN, WI, ND

Essentia Health St. Joseph's – Brainerd Clinic Inpatient Nicotine Replacement Therapy (NRT) 2024 South 6<sup>th</sup> Street

Brainerd, MN 56401 218-828-2880 844-403-7010

<u>Tobacco Education & Cessation | Essentia</u> Health | MN, WI, ND

Welia Health – Mora, Hinckley, Pine City
Outpatient cessation programs
320-225-3356
Tobacco cessation – Welia Health

#### **Quit Lines for Tobacco Cessation**

800.QUIT.Now (800-784-8669) Free 24/7 tools to help you quit, your way.

#### Just for Teens. My Life. My Quit.

My Life, My Quit Teen Program - Quit Partner (quitpartnermn.com)

#### **American Indian Quitline**

833-9Al-Quit (833-924-7848)

<u>American Indian Quitline - Quit Partner</u>
(quitpartnermn.com)

#### Spanish Quitline

855-335-3569

American Indian Quitline - Quit Partner (quitpartnermn.com)

#### Smokefree.gov

Home | Smokefree

#### **Chantix GetQuit Support Plan**

877-242-6849

GetQuit® | Home page | Safety Info (getquit.com)

### Quit Partner – support for those living with a mental illness or other addiction

800-784-8669

Teens/young adults (ages 13-24) text "Start" to 36072\*

<u>Behavioral Health - Quit Partner</u> (quitpartnermn.com)

Notes:			

#### TRANSPORTATION RESOURCES



### Medical Assistance Transportation Services (MTM)

"Non-emergency transportation for people who are receiving medical assistance. Clients of Medical Assistance, MinnesotaCare, MFIP.
Twelve-county area of: Anoka, Benton, Chisago, Dakota, Hennepin, Isanti, Ramsey, Sherburne, Stearns, Washington, Wright, Mille Lacs."

24-hours a day for hospital discharge and urgent care requests. MTM coordinates transportation via: sedan vehicles, Metro Mobility or public transit passes, Access Service reimbursement. 866-467-1724 Unassisted Transport curb-to-curb or Assisted Transport door-to-door. 860 Blue Gentian Road, Suite 200 Eagan, MN 55121-1567 651-964-6267 866-467-1724 Melissa Marengo Program Director 651-645-9254

mmarengo@mtm-inc.net

Gas mileage reimbursement: Call for current rate.

<u>Minnesota Non-Emergency Medical</u> Transportation - NEMT (mtm-inc.net)

#### **ASAP Secure Transport**

Licensed protected transportation in central Minnesota

No appointment necessary for pick-up, pending driver availability. Typically deliver to another secured facility. Insurance required or cash/invoice if no insurance (at discounted rate). Prefer trips of 50 miles or so as Onamia is 2 hour drive.

Cannot transport patients currently under arrest, patients who are medically unstable for a CPR/First Aid level service, or actively violent patients.

Alexandria, MN 320-445-9506 320-808-4250 https://www.facebook.com/

#### **Avalon Secured Services**

Provides hospitals, clinics, behavioral health facilities and chemical dependency centers with safe and secure transports and adults and adolescent patients locally.

Chemical dependency/detox

Behavioral/mental health.

Group homes and patient residence

Other locations per hospital.

24/7/365 services
763-767-9111

info@avalonsecuredtransport.com

Avalon Secured Transport

#### Road to Recovery (American Cancer Society)

Transportation to cancer treatments
Twin Cities metro area plus Wright, Anoka,
Isanti Counties
800-227-2345
Be a Road To Recovery Volunteer | American
Cancer Society



### Aitkin County Health & Human Services – Aitkin

"Transportation to medical appointments for eligible clients" 204 1st Street NW Aitkin, MN 56431 218-927-7200

#### Aitkin County Veterans Services - Aitkin

"Provides van rides for veterans and their spouses to medical appointments." 217 2<sup>nd</sup> Street NW, Room 130 Aitkin, MN 56431 218-927-7320 888-404-7320

#### **Arrowhead Transit - Aitkin County**

Serving Aitkin, Itasca, Koochiching, St. Louis, Lake, Cook, Carlton, Pine, Chisago, and Isanti Counties"

"Provides affordable, safe, accessible public transportation and supports independent living and self-reliance."

702 3<sup>rd</sup> Avenue South Virginia, MN 55792 800-862-0175

<u>Public Transportation for Minnesota's</u> <u>Arrowhead | Arrowhead Transit</u>

### CARE (Coordinating Area Resources Effectively) Aitkin

"Provides transportation to seniors and disabled adults." 20 3<sup>rd</sup> Street NE Aitkin, MN 56431 218-927-1383 877-810-7776 <u>Aitkin Care – Coordinating Area Resources</u> Effectively (aitkincountycare.org)

#### **Home Instead Senior Care**

Southern Aitkin County area (including Garrison). No pick-ups in Mille Lacs County. Appointments requested.
877-824-0077



#### **ACC Midwest – Dassel**

Some pick ups and deliveries to Brainerd from Onamia. Call for availability. 16506 MN 15 Dassel, MN 55325 320-455-9200 ACC Midwest Transportation

#### Aide Home Health Care, LLC - Ironton

Serving Crow Wing and northern/central Mille Lacs County pending driver availability. Call for availability. Appointments required.

312 4<sup>th</sup> Street Ironton, MN 56455 218-546-6242

Home Health Care | Companion Care | Crosby, MN (aidehomehealthcare.com)

#### **Bay Lake Lions**

Lions Mobility Bus 218-678-2206

Barb Burt: 218-678-9090

#### **Brainerd Area Taxi**

Transportation of individuals and groups in the area. Operates 24/7. Also delivers packages locally and statewide.

709 Charles Street Brainerd, MN 56401 218-828-1111

#### Care Van - Lakewood Health System

Pick up within a 40-mile radius of Staples. By appointment. Insurance paid transportation as well as cash. "Medical, dental and eye appointments, stretcher service, wheelchair, ambulatory."
218-894-8331

<u>Transportation - Lakewood Health System</u>

### Car Loan Programs – TCC TCC Action Partnership

### Tri County Community Action Partnership Todd, Morrison and Crow Wing Counties

"An anti-poverty agency providing critical safety net resources and child development services to qualifying families in Crow Wing, Morrison and Todd counties."

(Car loan programs are subject to specific qualifications).

Brainerd:

2410 East Oak Street Brainerd, MN 56401 218-829-2410

www.tccaction.com

#### **Little Falls**

501 LeMieur Street Little Falls, MN 56345 320-632-3681 888-441-7215

#### Long Prairie:

CentraCare Health – West Campus TCCAP 20 9<sup>th</sup> Street SE Long Prairie, MN 56347 320-732-4023 888-441-7215

#### City of Brainerd – Crow Wing County Transit

County-wide public transit service with both curb-to-curb customized service and flexible routes between Brainerd/Baxter communities. Advance notice, prior day reservation requested. Handicapped accessible.

501 Laurel Street Brainerd, MN 56401 218-825-7433 866-925-7433

Brainerd & Crow Wing Public Transit | Brainerd, MN

<u>Crosslake Cares - Senior Services, Resources,</u> Info

#### **Crow Wing County Veteran's Service Office**

Supplies transportation (for veterans) from Brainerd to St. Cloud and Minneapolis VA Medical Centers. Must be ambulatory for transportation.

204 Laurel Street, Suite 14 Brainerd, MN 56401 218-824-1058 866-507-1058

### **Dial-a-ride – Brainerd Area public transit** 218-828-1111

### East Central Regional Transportation Coordinating Council (ECRTCC)

Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties

East Central Regional Transportation
Coordinating Council | Minnesota Council on
Transportation Access
(coordinatemntransit.org)

Michelle Thomas - michelle.thomas@ecrdc.org

#### Grab a Cab - Brainerd

Brainerd, Crosby area Advanced scheduled appointments available 218-270-2992

#### Interfaith Volunteers - Crow Wing County

Charitable faith-based non-profit organization "Mission: To help low-income seniors and persons with disabilities continue to live comfortable, safe, independent lives in their own home. Rides to medical appointments, shopping and errands with advance notice."
P O Box 64
Deerwood, MN 56444
218-820-7454
877-245-7454
Interfaith Volunteers – Helping Keep Seniors At

#### Medi-Van – Brainerd

Wheelchair and ambulatory transportation from resident/nursing home to scheduled appointments. Advance scheduling recommended. 24/7 service
P O Box 1053
Detroit Lakes, MN 56502
200 mile radius of Detroit Lakes
218-847-1729
800-422-0976
Medi-Van – Medical transportation | Detroit Lakes, MN

### Salvation Army – Emergency Transportation Assistance

"Transportation to a shelter or a safe place.
Assistance is provided in the form of a gas
voucher when funding is allowed or a bus ticket.
Verification may need to be given before
assistance."
208 South 5<sup>th</sup> Street
Brainerd, MN 56401
218-829-1120
Brainerd Lakes Salvation Army



#### **Kanabec County Veterans Services Office**

(Veterans Transportation to VA Hospital 320-679-6380

Welcome to Kanabec County, MN

### Timber Trails – Kanabec and Mille Lacs Counties

"Meet the transportation needs of the community. Children, seniors, veterans. People with disabilities; buses are equipped with lifts. Non-emergency medical transportation to healthcare appointments for those on Medical Assistance. Kanabec county residents only. Public transit, common carrier.

Maps & Schedules | Timber Trails Public Transit | Rural Public Transit (timbertrailstransit.com)

905 West Forest Avenue

Suite 127

Mora, MN 55051

Request a ride: 320-364-1350

888-217-5222

Request a Ride | Timber Trails Public Transit |

1.888.217.5222 (timbertrailstransit.com)

Home - Timber Trails Public Transit
(timbertrailstransit.com)



#### **Loving Hands Transportation**

Serving Milaca Princeton area Call for appointment availability. P O Box 385 Elk River, MN 55330 763-607-8700 Info@lovinghandstransport.com

#### Mille Lacs Band of Ojibwe

Transportation – Community Health Representatives

"Rides for people in and around community." To medical, dental, and optical appointments only after all other resources are exhausted.
Two day prior notice for scheduled appointments. Same day transports or transports not scheduled two days prior to appointment are by availability only.
Payment: Private pay, sliding fee scale
Mille Lacs Government Center

43408 Oodena Drive Onamia, MN 56359

Government Center: 320-532-7815

Main: 320-532-4181 800-709-6445

Mlb.inquiries@millelacsband.com
Contact the lead community health
representative for information and eligibility:

<u>District 1</u> (main reservation area on the west side of Mille Lacs Lake) – 320-532-7815

<u>District 2</u> (communities of East Lake, Sandy Lake and Minnewawa near McGregor and Chiminising in Isle on the south side of Mille Lacs) – 218-768-2389

<u>District 3</u> (Lake Lena community near St. Croix River east of Hinckley as well as band members living in Hinckley) – 320-385-7056

Welcome | Mille Lacs Band of Ojibwe

#### Schu-Tran - Foley

Handicapped transportation services in Foley Medical Assistance/private pay. Serves Benton, Cass, Mille Lacs, Sherburne and Wright counties Will pick up from above counties and transport to anywhere in Minnesota. Pre-approval required through Medicaid insurance company and documentation needed for Medicaid appointment over a 30 and 60 mileage.

Monday-Saturday; flexible times if prescheduled. 4:00am to 6:00pm 325 Glen Street Foley, MN 56329 320-968-7478 schutran@gmail.com



#### CareRide - Central Minnesota

50-mile radius of central Minnesota including Little Falls, Brainerd, Crosby, Pierz, Long Prairie, Albany, Foley, Sartell, Sauk Center, Sauk Rapids, St. Cloud, Staples. Specialized transportation services for senior citizens and disabled individuals in central Minnesota.

833-632-7433

<u>Home - Care Ride in Little Falls, MN</u> (careridemn.com)

#### **Horizon Health Faith In Action**

"Faith in Action volunteers transport and accompany individuals (who do not require physical assistance in and out of vehicles) to medical appointments, grocery shopping and pharmacy pick-ups."

26814 T-606 Pierz, MN 56364 320-468-6451

Horizon Health Inc. | Compassionate Care, Skilled Support (horizonhealthservices.org) Faith In Action | Horizon Health (horizonhealthservices.org)

#### **Little Falls Taxi**

12897 Highway 27 Little Falls, MN 56345 320-632-4104

<u>Taxi – Ray's Body Shop, Inc.</u> (raysbodyshop.com)

#### People's Express – Morrison County

Serving Morrison, Becker, Wadena Counties "Enabling people of various abilities to get where they need to go." 15578 Shady Acres Drive Wadena, MN 56482 218-631-2909 900-450-0123

Specialized Transportation Service Coverage Areas | People's Express, – Central Minnesota and Western Minnesota. Dispatched from Wadena, MN. (peoplesexpressmn.com)

#### **Insurance Providers Ride Assistance**

#### Blue Ride (Blue Cross & Blue Shield)

"BlueRide from Blue Plus offers a safe and reliable ride to covered medical, dental, and pharmacy visits with doctors in one's plan network."

Must be a member of Blue Plus plans (Blue Advantage Families and Children, MinnesotaCare (pregnant women and members under age 19), Minnesota Senior Care Plus (MSC+) and SecureBlue (HMO SNP) 866-340-8648 651-662-5545

#### **Health Partners RideCare**

Health Partners members on medical assistance or Minnesota Senior Health Options 7-county metro area only 8170 33rd Avenue South Bloomington, MN 55425 952-883-7400 888-288-1439 Health Partners RideCare Program Fact Sheet -

Minnesota Dept. of Health (wright.mn.us)

#### Medica Provide-a-Ride Guide

Medica insured only Medica Dual Solution (MSHO) HMO (SNP) 401 Carlson Parkway Minnetonka, MN 55305

800-952-3455

Member-Guide-Provide-a-Ride-MSHO.pdf

#### **UCare Health Ride**

UCare insurance members only "Public bus and light rail, taxi or volunteer driver, special transportation services." 800-864-2157

Health Ride | UCare



#### Care Transportation - St. Cloud

Non-emergency transportation in an accessible van for anyone who has limitations which prevent them from using a common carrier (bus, taxi). Minnesota Medical Assistance provider. Coverage of central MN (Onamia, Mille Lacs County) depending on driver availability at time of call.

2600 7<sup>th</sup> Street St. Cloud, MN 56303 320-253-7729 800-535-7190

CARETRANSPORTATION.COM

#### **Tri-Cap Transportation**

"Community Action Program for Benton, Sherburne and Stearns Counties" 1200 23<sup>rd</sup> Avenue South Waite Park, MN 56387 320-251-1612 888-765-5597 MILLE LACS COUNTY | Tri-CAP (tricap.org)

#### **VETERANS SERVICES**





#### **Veterans Administration**

800-698-2411

About VA Health Benefits | Veterans Affairs Veterans Services Offices:

**Benton County** (320-968-5044 **Cass County** 218-947-7534 **Chisago County** 651-213-5605 **Crow Wing County** 218-824-1058 1-866-507-1058 Isanti County 763-689-3591 **Kanabec County** 320-679-6380 320-983-8208 Mille Lacs County 1-888-270-8208 320-632-0290 **Morrison County** 1-866-401-1111 Pine County 320-216-4250 1-800-450-7463 **Sherburne County** 763-765-3100 **Stearns County** 320-656-6176 **Todd County** 320-732-4418

218-631-7617

763- 682-7325 1-800-362-3667

### MACV – Military Assistance Command, Vietnam

End veteran homelessness in Minnesota

St. Cloud

1542 Northway Drive, Door 2

St. Cloud, MN 56303

St. Paul:

1000 University Avenue West

Suite 10

St. Paul, MN 55104

833-222-6228

MACV's Mission is to End Veteran
Homelessness in Minnesota (mac-v.org)

#### Mille Lacs County Veterans Service Office

Benefits for vets and dependents

525 2<sup>nd</sup> Street SE

Milaca, MN 56353

Contact: Mark 320-983-8208

Wadena County

Wright County

#### WORK /CAREER RESOURCES

### Minnesota Employment and Economic Development (DEED)

Comprehensive database for job seekers, employment and training opportunities For Job Seekers / Minnesota Department of Employment and Economic Development (mn.gov)

#### Aitkin - City employment notices

Employment/Legal Notices/Bids/RFP - City of Aitkin

#### **Brainerd – City Employment Services**

<u>Employment Services - Job Counseling - MN</u> <u>Workforce Centers Brainerd</u>

#### **Career Force - Little Falls**

609 13<sup>th</sup> Avenue NE Suite G Little Falls, MN 56345 320-232-2000

<u>CareerForce in Little Falls | CareerForce</u> (<u>careerforcemn.com</u>)

#### **Career Force in Mora**

903 Forest Avenue East
Mora 55051
320-679-6484
CareerForce in Mora | CareerForce
(careerforcemn.com)

#### Milaca - City Employment Services

Employment Opportunities | Mille Lacs County, MN

#### **Mora Employment Opportunities**

**Employment Opportunities | Mora, MN** 

#### **Morrison County Employment Opportunities**

Career Opportunities | Morrison County, MN

### CMJTS -Central Minnesota Jobs & Training Services

Career Guidance Service

Home - CMJTS

Milaca:

1008 5<sup>th</sup> Street SE Milaca, MN 56353 320-362-3119

Mora:

Christina – <u>cpflueger@cmjts.org</u> 320-364-0321

#### **Lives in Transition**

Career Counseling and assisting people in transition to plan for the future. Aitkin Workforce Center 321 Minnesota Avenue North Aitkin, MN 56431

#### Minnesota works

<u>Minnesota Works.Net – Minnesota Jobs, Jobs in</u> <u>Minnesota – Find Employees, Resumes</u>

#### Rise

8406 Sunset Road NE Spring Lake Park, MN 55432-1317 763-786-8334

Rise - Nonprofit 501(c)(3) Offering Human Services Programs

#### Rise - Milaca

110 Second Street NW PO Box 33 Milaca, MN 56353 320-983-2684

#### Rise - Mora

23 North Union Street, Suite 3 Mora, MN 55051 320-298-1874

#### Rise – St. Cloud

3400 First Street North, # 306 St. Cloud, MN 56303 320-656-5608

#### Rise - Remote - St. Cloud

651-265-2337

Cell/text: 651-295-4261

#### **Rural Minnesota CEP – Little Falls**

"Providing multiple services to job seekers and employers...career counseling."
609 13<sup>th</sup> Avenue NE
Suite G
Little Falls, MN 56345
218-846-7400 (Main office)
Rural Minnesota Concentrated Employment
Program (rmcep.com)
Little Falls (rmcep.com)

#### **VOA – Volunteers of America**

Entry level jobs and training for special needs
Main office:
7625 Metro Boulevard
Minneapolis, MN 55439
952-945-4000
Contact in Mora: Jessica Gustafson – Jessica-

gustafson@voa.mn.org

763-252-4543

Volunteers of America Minnesota and
Wisconsin | Volunteers of America Minnesota
and Wisconsin (voamnwi.org)