



Mille Lacs
Health System

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: 800-543-7709

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

[2023-Full-Resource-Directory-2.15.23.pdf](#)
(cmcoa.org)

Disability MN

[Topics / Disability Minnesota \(mn.gov\)](#)

Disability Organizations

[PACER's Resource List of Disability Organizations](#)

Disability Hub

A free statewide resource network that helps with managing your health, your benefits, your work, your housing and more.

1-866-333-2466

[Disability Hub MN - Home](#)

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

Center for Health Promotion

651-201-5400

Child and Family Health Division

651-201-3589

District Offices – St. Cloud
320-223-7300

Home Care and Assisted Living
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)

Aitkin	218-927-2133
Brainerd	218-829-2805
Crosby	218-546-5137
Isle	320-676-8507
Milaca sheriff:	320-983-8250
Mille Lacs County Dispatch	320-983-8257
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-HELP

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 12th Street North, Suite 201
St. Cloud, MN 56303
320-229-3760
800-741-4357

[CentraCare – St. Cloud Hospital Addiction Services | CentraCare](#)

Essentia Health St. Joseph's – Baxter Clinic

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

[Tobacco Education & Cessation | Essentia Health | MN, WI, ND](#)

Essentia Health St. Joseph's – Brainerd Clinic Inpatient Nicotine Replacement Therapy (NRT)

2024 South 6th Street

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

[Tobacco Education & Cessation | Essentia 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

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

[American Indian Quitline - Quit Partner \(quitpartnermn.com\)](#)

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 \(get-quit.com\)](#)

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.

[Minnesota Non-Emergency Medical Transportation - NEMT \(mtm-inc.net\)](https://www.mtm-inc.net)

ASAP Secured 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

<https://www.asap-st.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](https://www.avalonsecuredtransport.com)

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](https://www.americancancer.org/road-to-recovery)



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 2nd 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 3rd Avenue South
Virginia, MN 55792
800-862-0175

[Public Transportation for Minnesota's Arrowhead | Arrowhead Transit](#)

CARE (Coordinating Area Resources Effectively)

Aitkin *“Provides transportation to seniors and disabled adults.”*

20 3rd Street NE
Aitkin, MN 56431
218-927-1383
877-810-7776

[Aitkin Care – Coordinating Area Resources Effectively.\(aitkincountycare.org\)](http://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 4th Street
Ironton, MN 56455
218-546-6242

[Home Health Care | Companion Care | Crosby, MN.\(aidehomehealthcare.com\)](http://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

[Transportation - Lakewood Health System](#)

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 9th Street SE

Long Prairie, MN 56347
320-732-4023
888-441-7215

City of Brainerd – Crow Wing County Transit

County-wide public transit offering curb-to-curb service and flexible routes between Brainerd and Baxter. Advance notice and prior-day reservations requested. Handicap accessible.

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

[Brainerd & Crow Wing Public Transit | Brainerd, MN](#)

[Crosslake Cares - Senior Services, Resources, 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](#)

[Coordination Council – EAST CENTRAL Regional Development Commission](#)

East Central Transit Volunteer Drivers

Volunteer drivers who transport to necessary appointment and medical appointments

(320) 679-4065

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 Home](#)

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 5th 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

Mercy Medical Angels

Depending on your needs and location, support could include gas cards, train or bus tickets, or rideshare assistance — always at no cost to you.

[Free Gas Cards & Ground Travel | Mercy Medical Angels](#)

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:

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

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

District 3 (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 pre-scheduled. 4:00am to 6:00pm

325 Glen Street

Foley, MN 56329

320-968-7478

schutran@gmail.com

Trusted Transportation

Non-emergency transportation service providing safe and reliable rides throughout Minnesota.

762-633-5555

<https://trustedtransportation.us/>

CareRide – Central Minnesota

Transportation services for seniors and individuals with disabilities within a 50-mile radius of central Minnesota.

833-632-7433

[Home - Care Ride in Little Falls, MN \(careridemn.com\)](#)

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

[Taxi – Ray’s Body Shop, Inc. \(raysbodyshop.com\)](#)

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)

Transportation to covered medical, dental, and pharmacy appointments for eligible Blue Plus plan members. Call Blue Plus for eligibility details.

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

Accessible non-emergency transportation for individuals unable to use public transit. Medical Assistance provider.

2600 7th Street

St. Cloud, MN 56303

320-253-7729

800-535-7190

[CARETRANSPORTATION.COM](#)

Tri-Cap Public Transportation

Community Action Program for Benton, Sherburne, and Stearns Counties.

1200 23rd Avenue South

Waite Park, MN 56387

320-251-1612

888-765-5597

[MILLE LACS COUNTY | Tri-CAP \(tricap.org\)](#)

Tri-CAP Volunteer Driver Program

Volunteer driver program providing transportation at approximately \$0.89 per mile. Donations may be accepted when riders cannot afford transportation costs.

320-251-1612

Medical Assistance Transportation Phone Numbers

Mille Lacs County 866-467-1724

Morrison County 800-269-1464

Crow Wing County 888-772-8212

Aitkin County 844-399-9466

Kanabec 320-679-6350

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
Mille Lacs County	320-983-8208
	1-888-270-8208
Morrison County	320- 632-0290
	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
Wadena County	218- 631-7617
Wright County	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 2nd Street SE

Milaca, MN 56353

Contact: Mark 320-983-8208

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

[Employment Services - Job Counseling - MN Workforce Centers Brainerd](#)

Career Force – Little Falls

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

[CareerForce in Little Falls | CareerForce \(careerforcemn.com\)](#)

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 5th Street SE
Milaca, MN 56353
320-362-3119

Mora:

Christina – cpflueger@cmjts.org
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

[Minnesota Works.Net – Minnesota Jobs, Jobs in Minnesota – Find Employees, Resumes](#)

Productive Alternatives

Vocational counseling and placement services for people with disabilities

[Home - Productive Alternatives](#)

Productive Alternatives - Little Falls

1107 8th St. NW
PO Box 371
Little Falls, MN 56345
Phone: 320-632-9291

Productive Alternatives - Brainerd

1919 S 6th St
Brainerd, MN 56401
Phone: (218) 825-8148

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 13th 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 \(voamnwi.org\)](#)